Flavor is in the SPICE

Put down the salt and shake it up with these spice blends!

Cajun Spice Blend

Greek Spice Blend
1 Tbsp. Garlic Powder | 1 Tbsp. Dried Basil | 1 ½ tsp. Black Pepper
1 ½ tsp. Dried Parsley | 1 ½ Tsp. Dried Rosemary
1 ½ tsp. Dried Thyme | ¾ tsp. Ground Nutmeg

Lemon Pepper
Zest from three lemons | 2 Tbsp. + 2 tsp. Black Pepper

Curry Blend

Italian Spice Blend
2 Tbsp. Dried Basil | 2 Tbsp. Dried Oregano | 1 Tbsp. Dried Thyme
1 Tbsp. Dried Rosemary | 1 Tbsp. Garlic Powder | ½ tsp. Onion Powder

Chili Seasoning
2 Tbsp. Chili Powder | 1 tsp. Cumin | 1 tsp. Coriander
1 tsp. Unsweetened Cocoa Powder | ½ tsp. Garlic Powder
½ tsp. Cayenne Pepper | 1 tsp. Paprika | 1 tsp. Smoked Paprika

Taco Seasoning
½ tsp. Cayenne Pepper | ½ tsp. Black Pepper | ½ tsp. Oregano

For more information, ask a Palomar Health dietitian!