



Flavor is in the SPICE

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

Cajun Spice Blend

2 Tbsp. Cumin | 2 Tbsp. Coriander | 2 Tbsp. Paprika | 1 ½ tsp.
Black Pepper | 1 Tbsp. Dried Oregano | Cayenne Pepper to Taste

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

2 Tbsp. Cumin | 2 Tbsp. Coriander | 2 Tbsp. Turmeric | 1 ½ tsp. Ground
Cardamom | ½ tsp. Cinnamon | ½ Cayenne Pepper

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

2 Tbsp. Chili Powder | 2 Tbsp. Cumin | 1 ½ tsp. Onion Powder
½ tsp. Cayenne Pepper | ½ tsp. Black Pepper | ½ tsp. Oregano

For more information,
ask a Palomar Health dietitian!

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HEALTH**