

EFNEP Newsletter

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Spice Up January!

After the holidays, filled with rich and decadent foods, many families are looking to get back to healthier options as the new year begins. Many spice blends you buy at the store are loaded with sodium. Diets high in sodium can effect your heart health and increase your blood pressure. Try making these salt-free spice blends at home to add new flavors to your favorite meals and snacks. These spice blend recipes are from North Dakota State University.

Mexican Blend Seasoning

1½ teaspoons dried parsley
½ teaspoon garlic powder
½ teaspoon onion powder
1 teaspoon dried oregano
1 teaspoon ground black pepper
1 Tablespoon chili powder
1 teaspoon paprika
1½ teaspoons cumin

Add the parsley, garlic powder, onion powder, oregano, black pepper, chili powder, paprika and cumin to a bowl. Mix well. Store in an air tight container or zip bag.

Use in soups, ground beef for tacos or in enchiladas.

Ranch Blend

2 Tablespoons onion powder
2 Tablespoons onion flakes
2 Tablespoons dried parsley
1 Tablespoon garlic powder
1 Tablespoon dried dill weed
¼ teaspoon dried thyme
2 teaspoons ground black pepper

Add the onion powder, onion flakes, parsley, garlic powder, dill weed, thyme and black pepper to a bowl. Mix well. Store in an air tight container or zip bag.

Use in stuffed bell peppers or pasta, or on toasted garlic bread.

Italian Spice Blend

2 Tablespoons dried basil
2 Tablespoons dried oregano
1 Tablespoons dried thyme
1 Tablespoon dried rosemary
1 Tablespoon garlic powder
¼ teaspoon onion powder

Add the basil, oregano, thyme, rosemary, garlic powder and onion powder to a bowl. Mix well. Store in an air tight container or zip bag.

Use in yogurt as a dip with celery and carrots, or on baked chicken or popcorn.

