

## Quick Tips:

Herbs are shelf stable and many dried herbs can be bought in bulk or at dollar stores to save additional money.

Buying a prepaid seasoning packet at \$1.00 may seem low cost, however buying a large chili powder, dried onion, and cumin will provide enough seasoning for a year. Saving lots of time and money.



**SNAP-Ed New York** teaches people to shop for and cook healthy meals while on a limited budget. Our goal is to give you the tools, tips and tricks that help you make nutritious food choices within a limited budget and choose physically active lifestyles. If you are looking for a class in your area visit [www.snapedny.org](http://www.snapedny.org) to connect with a local program, or you can find us on [Facebook](#), [Instagram](#) and [YouTube](#).

**Sources:** The American Dietetic Association's Complete Food and Nutrition Guide by Roberta Larson Duyuff, 1996, and The "Cent\$ible" Nutrition Cook Book by the University of Wyoming Cooperative Extension.

**Cornell Cooperative Extension**  
**SNAP-Ed New York Program**



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## Salt Free Herb Blends

*Preparing dried herb blends at home is simple (and family friendly) activity that can save time and save money.*



# Spice Up Your Life!

**Chinese Five-Spice:** ...for chicken, fish, or pork.

Blend ¼ cup ground ginger, 2 tablespoons ground cinnamon, 1 tablespoon each of ground allspice and anise seeds and 2 teaspoons ground cloves.

**Mixed Herb Blend:** ...for salads, pasta salads, steamed vegetables, vegetable soup, or fish. Blend ¼ cup dried parsley flakes, 2 tablespoons dried tarragon, 1 tablespoon each of dried oregano, dill weed and celery flakes.

**Italian Blend:** ...for tomato-based soups and pasta dishes, chicken, pizza, focaccia and herbed bread. Blend 2 tablespoons each of dried basil and dried marjoram, 1 tablespoon each of garlic powder and dried oregano, and 2 teaspoons each of thyme, crushed dried rosemary and crushed red pepper.

**Curry Blend:** ...for rice, lentil, and vegetable dishes, and chicken. Blend 2 tablespoons each of turmeric and ground coriander, 1 tablespoon ground cumin, 2 tablespoons each of ground cardamom, ground ginger, and black pepper, and 1 teaspoon each of powdered cloves, cinnamon, and ground nutmeg.

**Mexican Chili Blend:** ...for chili with beans, enchiladas, tacos, fajitas, chicken, pork and beef. Blend ¼ cup chili powder, 1 tablespoon each of ground cumin and onion powder, 1 teaspoon each of dried oregano, garlic powder, and ground red pepper, and ½ teaspoon cinnamon.

**Greek Blend:** ... for seafood, poultry and herbed bread. Blend 3 tablespoons each of garlic powder and dried lemon peel, 2 tablespoons dried oregano and 1 teaspoon black pepper.

**Easy Dip Blend:** ... for mixing with cottage cheese, yogurt cheese or low-fat sour cream... also nice for chicken and fish. Blend ¼ cup dried dill-weed and 1 tablespoon each of dried chives, garlic powder, dried lemon peel, and dried chervil.

**Herbed Seasoning:** Blend 2 tablespoons dried dill weed or basil leaves (crumbled), 2 tablespoons onion powder, 1 teaspoon oregano leaves (crumbled), 1 teaspoon celery seed and a pinch of pepper.

**Italian Seasoning:** Blend 2 tablespoons dried basil, 2 tablespoons dried marjoram, 2 tablespoons dried oregano, 1 tablespoon dried thyme, 1 tablespoon dried rosemary and 1 teaspoon hot red pepper flakes.

**Taco Seasoning Mix:** Blend 2 tablespoons chili powder, 2 tablespoons paprika, 1 tablespoon garlic powder, 1 tablespoon salt (optional), 2 teaspoons ground cumin, 1 teaspoon cayenne pepper or crushed red pepper flakes, 1 teaspoon black pepper and 1 teaspoon oregano.

**Cajun Spice Mix:** Blend 2 tablespoons cayenne pepper, 2 tablespoons paprika, 1 ½ tablespoons onion powder, 1 tablespoon garlic powder, 1 tablespoon black pepper, 2 teaspoons dried basil, 1 teaspoon chili powder and ¼ teaspoon dried thyme.