

Spice Up Your Life

Enhance the taste of your favorite foods using naturally sodium free herbs and spices. You'll enjoy the flavor so much, you won't even miss the salt!

	Soups	Meat/Poultry	Fish/Seafood	Vegetables	Carbohydrate
Allspice	Split pea, bean stew	Beef, meatloaf, chicken, turkey	Shrimp	Asparagus, beets, carrots	Sweet potato, winter squash, oatmeal
Basil	Minestrone, tomato, vegetable	Beef, Italian meats, pork, chicken, turkey	Tuna, white fish	Tomatoes, zucchini, eggplant	Potatoes, rice, winter squash
Bay Leaves	Bean, chicken or vegetable stew	Beef, pot roast	Shrimp, white fish	Tomato sauces	Potatoes, rice
Celery Seed	Vegetable, tomato	Pot roast, meatloaf	White fish, tuna, shrimp	Cauliflower, green beans, tomatoes	Potatoes
Chili Powder	Chili, beef soup, bean stew	Beef, ground meat, chicken	White fish, shrimp	Tomatoes, corn	Beans, rice
Cumin	Chili, beef, gazpacho	Beef, chicken	Shrimp, salmon	Broccoli, cabbage, carrots, zucchini	Beans, rice
Curry Powder	Chicken, beef, seafood stew	Lamb, veal, chicken, beef	White fish	Broccoli, summer squash, cabbage, carrots, cauliflower	Potatoes, rice
Dill	Chowders, split pea, potato	Pork, chicken	White fish, seafood casserole, shrimp, salmon	Cucumber, green beans, coleslaw, broccoli	Potatoes, rice
Garlic	Chicken, vegetable	Lamb, pork, chicken	Shrimp, seafood	Greens, tomatoes, eggplant	Potatoes, rice
Ginger	Split pea	Chicken, beef	Seafood	Carrots, stir fried vegetables	Winter squash, baked goods
Marjoram	Fish stews, vegetable, beef, onion	Beef, meatloaf, meatballs, veal chicken, turkey	White fish	Carrots, green beans, summer squash, tomatoes	Potatoes, rice
Mustard Powder	Split pea, Onion	Sausage, pork, chicken	White fish, salmon	Pickles, marinated vegetables	Potato salad
Oregano	Minestrone, tomato, vegetable	Pork, chicken, turkey	White fish, shrimp	Tomatoes, green beans, asparagus, eggplant	Potatoes
Rosemary	Chicken, pea	Lamb, pork, chicken, turkey	White fish	Summer squash, eggplant, carrots	Potatoes
Sage	Chicken, pea, tomato	Chicken, pork, sausage	White fish	Carrots, peas, brussel sprouts	Potatoes
Thyme	Vegetable, minestrone, bean, tomato	Beef, pork, turkey, chicken	Seafood, white fish, salmon	Asparagus, brussel sprouts, zucchini mushrooms, tomatoes	Potatoes, rice

