



Salt-Free Seasoning Blends

As you shop for new spices and seasonings, watch for salt listed in the ingredients. Many popular seasoning blends and flavoring packets have high amounts of salt. Choose salt-free versions instead. Or, try these no-salt seasoning recipes. They are a no-fat, low-sodium way to spice up your meals! Feel free to experiment and add or remove spices to suit your tastes.

Soul food seasoning recipe

A great substitute for seasoning salts and Adobo.

- 1 tablespoon ground red pepper
- 3 tablespoons garlic powder
- 3 tablespoons onion powder
- 1 tablespoon dried chili powder
- 1 tablespoon paprika
- 1 teaspoon thyme powder
- 1 teaspoon freshly ground black pepper

Mix all of the ingredients together. Store in a sealed container. Makes about 3/4 cup.

Chinese Seasoning recipe

A great substitute for soy sauce

- 4 teaspoons ground ginger
- 2 tablespoons onion powder
- 1 tablespoon anise seeds crushed
- 2 teaspoons ground allspice
- 1/2 teaspoon ground cloves
- 2 teaspoons sesame seeds

Mix all of the ingredients together and store in a sealed container. Makes about 1/2 cup.

Italian Seasoning recipe

Similar Italian seasoning blends can also be found ready-made in the spice aisle, just check the ingredients for salt

- 2 tablespoons garlic powder
- 1 tablespoon parsley
- 1 tablespoon basil
- 1 tablespoon oregano
- 1/2 teaspoon pepper
- 1/2 teaspoon thyme
- 2 teaspoons onion powder

Mix all of the ingredients together and store in a sealed container. Makes about 1/2 cup.

Simple Italian Flavor recipe

- 2 teaspoons garlic powder
- 1 teaspoon basil
- 1 teaspoon oregano
- 1 teaspoon powdered lemon rind

Mix ingredients in a blender and store in a glass container, add dry rice to prevent caking.

Taco seasoning recipe

- 3 tablespoons onion powder
- 2 tablespoons ground cumin
- 1-1/2 teaspoon chili powder
- 1/2 teaspoon cayenne
- 1 teaspoon garlic powder

Mix all of the ingredients together and store in a sealed container. Makes about 1/2 cup.

Spicy Seasoning recipe

- 1 teaspoon cloves
- 1 teaspoon pepper
- 1 teaspoon crushed coriander seed
- 2 teaspoons paprika
- 1 teaspoon rosemary

Mix in a blender and store in an airtight container.



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Eating too much salt can lead to high blood pressure, heart disease and stroke. Take control of your health. Read the label and look for the lowest sodium choice. You can find simple ways to reduce sodium at www.bphc.org/SwapTheSalt