



Salt-Free Seasoning Blends

Homemade Taco Seasoning

6 tsp. chili powder
3 tsp. onion powder
4 1/2 tsp. cumin
2 1/2 tsp. garlic powder
5 tsp. paprika
1/4 tsp. oregano
1t black pepper

Perfect for making chicken, pork or beef tacos. Also works great as a chili seasoning and on salmon, sweet potatoes or winter squash.

Homemade Ranch Dressing Mix

1/2 cup dried parsley
1 tsp. garlic powder
4 Tbsp. onion flakes
1 tsp. paprika
1 tsp. onion powder
1/2 tsp black pepper

Add to plain greek yogurt for a healthier ranch dipping sauce. You can make a ranch vinaigrette by mixing this seasoning mix with 3 parts olive oil to 1 part vinegar (white wine, sherry, etc.)

Montreal Seasoning

2 tablespoons paprika
2 tablespoons black pepper
1 tablespoon garlic powder
1 tablespoon onion powder
1 tablespoon ground coriander
1 tablespoon dill seed
2 teaspoons mustard seed

Great on chicken, steak, potatoes and vegetables.

Cajun Seasoning

1 tablespoon chili powder
1 tablespoon black pepper
1 1/2 teaspoons oregano
1 tablespoon garlic powder
1 tablespoon onion powder
1 tablespoon paprika
1 tablespoon thyme

Great on chicken, pork, rice, potatoes and winter squash. Perfect for chili, soups and stews.