



Spices to use to Reduce SALT in Your Diet

Spice	Directions
Basil	Add 1/4 - 1/2 tsp. To 2 cups of vegetables; 3/4 - 1 1/2 tsps to 1 1/2 pounds of pork or beef; 1/4 tsp to 2 tbsp margarine for basting 1 pound of fish or 1 1/2 lbs of chicken
Chili Powder	Add 1 - 2 tbsp to about 8 cups of beef, noodle or rice dishes; 1 - 2 tbsp to 4 lbs of beef; 1/2 - 3/4 tsp to 8 cups popped corn or 1/3 cup unpoppped corn
Curry Powder	Add 1 - 2 tbsp to 2 pounds of lamb; 1 tbsp to 2 pounds of beef; 1 1/2 tsp to 1 cup uncooked regular long-grain rice; 1/2 tsp to tuna salad using 6 1/2 - 7 oz of tuna
Dill Weed	Add 1/4 - 3/4 tsp to 2 cups of vegetables; 1/2 - 1 tsp to 4 cups of cooked noodles
Dill Seed	Add 1/4 - 1/2 tsp crushed seed to 2 tbsp margarine for seasoning fish, vegetables or bread
Garlic	1-2 cloves or to taste
Nutmeg	Add 1/4 tsp to 2 cups of vegetables; 1/4 tsp to 4 cups creamed chicken or tuna
Oregano	Add 1/4 - 3/4 tsp to 4 eggs for egg salad; 1/4 tsp to 1/4 cup margarine for basting fish; 1/2 - 1/2 tsp to 2 cups spinach, green beans or 3 cups of tomatoes
Paprika	Add 1/2 tsp to 1/4 cup flour for dredging chicken or meat; 1/2 tspto 1/4 cup margarine for seasoning white vegetables
Parsley Flakes	Add 2-4 tsp to 4 cups of cooked noodles or 3 cups cooked rice; 2 tbsp to 2 pounds of beef; 1/4 - 1/2 tsp to 1/4 cup of margarine for cooking vegetables, fish or meat
Tarragon	Add 1/4 tsp to 1 pound of fish; 1 tsp to 3 pounds of chicken, 1/4 - 1/2 tsp to 1/4 cup margarine for basting beef or pork
Thyme	Add 1/4 - 1/2 tsp to flour for dredging 3 pounds of chicken
Lemon Juice	Add to taste on salads and vegetables

