



# HERB BLENDS FOR COOKING

*to use in place of salt*

## Soulful Seasoning

- 3 tablespoons onion powder
- 4 tablespoons garlic powder
- 1 tablespoon ground red pepper
- 1 tablespoon chili powder
- 1 tablespoon paprika
- 1 teaspoon black pepper
- 2 teaspoons ground thyme



## All-Purpose Mexican Seasoning Mix

- ¼ cup dried oregano
- 3 tablespoons dried chili powder
- ¼ teaspoon cayenne pepper
- 2 teaspoons cumin
- 2 teaspoons garlic powder
- 1 tablespoon onion powder
- 1 pinch ground cloves
- 1 pinch ground cinnamon

## Pungent Salt-less Substitute

- 2 tablespoons basil
- 4 teaspoons savory
- 4 teaspoons ground cumin
- 4 teaspoons celery seed
- 4 teaspoons sage
- 4 teaspoons marjoram
- 2 teaspoon thyme



ALAMEDA COUNTY HEALTH CARE SERVICES AGENCY  
PUBLIC HEALTH DEPARTMENT



Nutrition Services • Alameda County Public Health Department

Nutrition Services 3600 Telegraph Ave. | Oakland, CA 94609 | 510-268-4220  
[www.healthylivingforlife.org](http://www.healthylivingforlife.org)

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider.