

Salt-Free Herb/Spice Blends for Salt Substitutes

The Frugal Café

Herbal Salt-Free Blend #1: Onion-Garlic Blend

- 5 tsp. onion powder (not onion salt)
- 1 T. paprika
- 1 T. garlic powder
- 1 T. dry mustard
- 1 T. thyme
- 1/2 tsp. white pepper
- 1/2 tsp. celery seeds

Herbal Salt-Free Blend #2: Mediterranean Blend

- 3 T. grated Parmesan cheese (dried, not fresh)
- 2 T. dried marjoram
- 2 tsp. garlic powder
- 1 T. oregano
- 1 T. basil
- 2 tsp. dried chives, crumbled
- 2 tsp. paprika
- 1 tsp. powdered lemon rind (or dehydrated lemon juice)
- 1/2 tsp. white pepper

Herbal Salt-Free Blend #3: Spicy Fiesta Blend

- 1 T. ground cayenne pepper
- 1 T. garlic powder
- 1 T. onion powder
- 1 T. dried savory
- 1 T. dried oregano
- 1 T. dried thyme
- 2 tsp. dried marjoram
- 1 tsp. dried parsley flakes
- 1 tsp. dried basil
- 1 tsp. ground mace
- 1 tsp. black pepper
- 1 tsp. dried sage
- 1 tsp. ground, dried, grated lemon peel

Herbal Salt-Free Blend #4: Mondo Blend

- 2 T. dry mustard
- 2 T. onion powder
- 1 T. garlic powder
- 1 T. paprika
- 1 T. crushed basil leaves
- 1 T. ground thyme
- 1 tsp. curry powder
- 1/2 tsp. white pepper

Herbal Salt-Free Blend #5 – "Mrs. Dash "Clone" Blend

- 1 T. ground cayenne pepper
- 1 T. garlic powder
- 1 T. onion powder
- 1 tsp. dried basil
- 1 tsp. dried oregano
- 1 tsp. dried thyme
- 1 tsp. dried parsley flakes
- 1 tsp. dried savory
- 1 tsp. ground mace
- 1 tsp. freshly ground black pepper
- 1 tsp. dried sage
- 1 tsp. dried marjoram leaves
- 1 tsp. ground dried grated lemon peel

Note: This one reportedly tastes similar to the commercial Mrs. Dash salt-substitute herb mixture.

Salt-Free Blend #6: Wowey-Zowey Blend

- 1 T. garlic powder
- 2 tsp. paprika
- 1-1/2 tsp. onion powder
- 1-1/2 tsp. white pepper
- 1-1/2 tsp. dry mustard
- 1 tsp. dried lemon peel
- 1 tsp. celery seeds
- 1 tsp. ground cumin
- 1 tsp. ground black pepper
- 3/4 tsp. dried thyme leaves
- 1/2 tsp. dried oregano

Herbal Salt-Free Blend #7: Mother Earth Blend

- 1 T. onion powder
- 1 T. garlic powder
- 1 T. dried parsley flakes
- 2 tsp. dried basil leaves
- 1 tsp. dried thyme leaves
- 1 tsp. dried marjoram leaves
- 1 tsp. black pepper
- 1/2 tsp. ground sage
- 1/2 tsp. dried grated orange peel
- 1/2 tsp. paprika

Sources:

<http://www.frugal-cafe.com/kitchen-pantry-food/articles/salt-free-herb-blends1.html>

Astray, (<http://www.astray.com/recipes/>; originally from *Pillsbury Classic Cookbook*), "Money-Saving Meals," January 1992.

CDKitchen website, (<http://www.cdKitchen.com/recipes/recs/1264/HerbS>).

Hints from Heloise website, (http://www.heloise.com/recipes.html#no_salt_subs).

Homecooking, (<http://homecooking.about.com/od/spicerecipes/r/blspice1.htm>).

Low Sodium Cooking

<http://www.lowsodiumcooking.com/free/index.htm>

Barbecue Blend

This mixture is good sprinkled on any kind of meat or vegetables before grilling.

2 T Dried Chili Peppers, Ground
2 t Onion Powder
2 t Garlic Powder
1 t Paprika
1 t Black Pepper
1 t Cumin
1/8 t Cayenne

Mix well and store in an airtight container.

Yield: 18 Servings

Sodium Category: SodiumFree

Nutrition Facts	
Serving Size 1 Helping	
Servings Per Recipe 18	
Amount Per Serving	
Calories	4
Calories from Fat	1
% Daily Values *	
Total Fat 0 gr	0%
Saturated Fat 0 gr	0%
Polyunsaturated Fat 0 gr	
Monounsaturated Fat 0 gr	
Cholesterol 0 mg	0%
Sodium 1 mg	0%
Potassium 17 mg	0%
Carbohydrates 1 gr	0%
Dietary Fiber 0.2gr	1%
Protein 0 gr	
Vitamin A	3%
Vitamin C	1%
Calcium	0%
Iron	1%

* Percent Daily Values are based
on
a 2000 calorie diet

Seafood Seasoning

Old Bay Seasoning often used to season seafood contains 330 mg of sodium per 1/2 teaspoon. Try this low sodium substitute.

1 T Celery Seed
 1 T Black Pepper
 6 Bay Leaf,Ground
 1/2 t Cardamom
 1/2 t Dry Mustard
 1/8 t Cloves,Ground
 1 t Paprika
 1/4 t Mace

Combine ingredients. Store in an airtight container.

Yield: 16 Servings

Sodium Category: SodiumFree

Nutrition Facts	
Serving Size 1 Helping	
Servings Per Recipe 16	
Amount Per Serving	
Calories	4
Calories from Fat	1
% Daily Values *	
Total Fat 0 gr	0%
Saturated Fat 0 gr	0%
Polyunsaturated Fat 0 gr	
Monounsaturated Fat 0 gr	
Cholesterol 0 mg	0%
Sodium 1 mg	0%
Potassium 15 mg	0%
Carbohydrates 1 gr	0%
Dietary Fiber 0.2gr	1%
Protein 0 gr	
Vitamin A	
Vitamin C	2%
Calcium	0
Iron	

* Percent Daily Values are based on
a 2000 calorie diet

Seasoned Un-salt

This blend comes close to approximating the flavors in the typical seasoned salt blends like Lawry's, without the sodium. Use it anywhere seasoned salt is called for or when you want to give food a little extra flavor. I like it in soups and egg dishes.

1 t Chili Powder
1/4 t Celery Seed
1/2 t Nutmeg
1/2 t Coriander
1 t Onion Powder
1 t Paprika
1/4 t Garlic Powder
1 t Turmeric

Mix together. Store in an airtight container.

Yield: 24 Servings

Sodium Category: SodiumFree

Nutrition Facts	
Serving Size 1 Helping	
Servings Per Recipe 24	
Amount Per Serving	
Calories	2
Calories from Fat	1
% Daily Values *	
Total Fat 0 gr	0%
Saturated Fat 0 gr	0%
Polyunsaturated Fat 0 gr	
Monounsaturated Fat 0 gr	
Cholesterol 0 mg	0%
Sodium 0 mg	0%
Potassium 9 mg	0%
Carbohydrates 0 gr	0%
Dietary Fiber 0.1gr	0%
Protein 0 gr	

Vitamin A	2%
Vitamin C	0%
Calcium	0%
Iron	1%
* Percent Daily Values are based on a 2000 calorie diet	

Rotisserie Chicken Glaze

Be sure to buy chili powder that doesn't contain salt. McCormick makes a "texas style" chili powder that is salt free.

- 1/4 c Oil
- 2 T Honey
- 2 T Lime Juice
- 1/2 t Paprika
- 4 t Chili Powder

Mix ingredients together. Baste chicken several times with sauce while roasting.

Yield: 4 Servings

Sodium Category: SodiumFree

Nutrition Facts	
Serving Size 1 Helping	
Servings Per Recipe 4	
Amount Per Serving	
Calories	163
Calories from Fat	127
% Daily Values *	
Total Fat 14 gr	21%
Saturated Fat 2 gr	9%
Polyunsaturated Fat 8 gr	
Monounsaturated Fat 3 gr	
Cholesterol 0 mg	0%
Sodium 1 mg	0%
Potassium 69 mg	2%
Carbohydrates 11 gr	4%
Dietary Fiber 1gr	4%
Protein 0 gr	
Vitamin A	21%

Vitamin C	7%
Calcium	1%
Iron	3%
* Percent Daily Values are based on a 2000 calorie diet	

Ranch Dressing Mix

Buttermilk powder in the baking aisle of large supermarkets. Keep in mind in the milk and mayonnaise add sodium to the final dressing. Depending on how low in sodium buttermilk you can find, you may be better off leaving out the buttermilk powder and using buttermilk instead of milk.

- 1/2 c buttermilk powder
- 1 T dried parsley, crushed
- 1 t dried dill weed
- 1 t onion powder
- 1 t dried minced onion
- 1/2 t garlic powder
- 1/4 t ground pepper

Combine all ingredients in the container of a food processor or blender and process on high speed until well blended and powdery smooth. To use mix, combine 2 tablespoon dry mix with 1 cup milk and 1 cup mayonnaise. Mix well.

Yield: 88 Servings

Sodium Category: SodiumFree

Nutrition Facts	
Serving Size 1 Helping	
Servings Per Recipe 88	
Amount Per Serving	
Calories	3
Calories from Fat	0
% Daily Values *	
Total Fat 0 gr	0%
Saturated Fat 0 gr	0%
Polyunsaturated Fat 0 gr	
Monounsaturated Fat 0 gr	
Cholesterol 0 mg	0%
Sodium 4 mg	0%

Potassium 0 mg	0%
Carbohydrates 0 gr	0%
Dietary Fiber 0gr	0%
Protein 0 gr	
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Vitamin A	0%
Vitamin C	0%
Calcium	1%
Iron	0%
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* Percent Daily Values are based on a 2000 calorie diet	

Chicago Barbecue Sauce

Based on a recipe from Zinfandel's Restaurant in Chicago, this sauce made from fresh vegetables is sweet and not too spicy.

- 1 T Oil
- 1 1/2 c Red Onion,Chopped
- 3 c Tomatoes,Chopped
- 2 T Cider Vinegar
- 3/4 t Black Pepper
- 1/4 t Thyme
- 1/4 t Cumin
- 1 1/2 T Sweet Paprika
- 1 t Chili Powder
- 1/2 t Oregano
- 1 1/2 T Worcestershire
- 1/2 c Orange Juice

Heat oil in saucepan and saute onion until translucent. Add remaining ingredients, except orange juice, stir well and bring to a boil. Reduce heat and simmer 10 minutes. Remove from heat, let cool and add orange juice Puree sauce in a blender or food processor.

Yield: 32 Servings

Sodium Category: Very LowSodium

Nutrition Facts	
Serving Size 1 Helping	
Servings Per Recipe 32	
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Amount Per Serving	
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Calories	13
Calories from Fat	6
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% Daily Values *	
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Total Fat 1 gr	1%
Saturated Fat 0 gr	0%

Polyunsaturated Fat 0 gr	
Monounsaturated Fat 0 gr	
Cholesterol 0 mg	0%
Sodium 9 mg	0%
Potassium 67 mg	2%
Carbohydrates 2 gr	1%
Dietary Fiber 0.4gr	2%
Protein 0 gr	
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Vitamin A	6%
Vitamin C	10%
Calcium	0%
Iron	1%
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* Percent Daily Values are based on a 2000 calorie diet	

New Improved Red Beans

1 lb Kidney Beans
 6 c Water
 3/4 c Green Bell Peppers,Chopped
 1 c Green Onion,Chopped
 1 c Onions,Chopped
 1 ea Garlic,Minced
 2 T Oil
 1/4 c Flour
 2 t Tabasco
 1/2 t Worcestershire
 2 t Brown Sugar
 Black Pepper,To Taste
 Cajun Seasoning,To Taste

Place beans in a large pot and cover with water. Add hot pepper sauce and worcestershire and allow to soak overnight. Place oil in a large skillet. Saute green pepper, onions and green onion until onions are soft. Add garlic, brown sugar and flour. Stir constantly over medium heat until browned, about 5-6 minutes. Add to pot with beans. Cook over low heat until beans are soft and mixture is thickened, 2-3 hours. Stir occasionally, adding water as needed. Add pepper and Cajun seasoning to suit your taste. Serve with white rice.

Yield: 8 Servings

Sodium Category: VeryLowSodium

Nutrition Facts	
Serving Size 1 Helping	
Servings Per Recipe 8	
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Amount Per Serving	
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Calories	254
Calories from Fat	36
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% Daily Values *	

Total Fat 4 gr	6%
Saturated Fat 1 gr	3%
Polyunsaturated Fat 2 gr	
Monounsaturated Fat 1 gr	
Cholesterol 0 mg	0%
Sodium 33 mg	1%
Potassium 901 mg	23%
Carbohydrates 42 gr	14%
Dietary Fiber 15.2gr	61%
Protein 14 gr	
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Vitamin A	3%
Vitamin C	32%
Calcium	10%
Iron	29%
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* Percent Daily Values are based on a 2000 calorie diet	

Southern Style Greens

This makes a perfect accompaniment to grilled or smoked pork. The spices and honey make it more than just boiled greens.

- 2 lb Kale, Or Collard Greens
- 1 Onion, Chopped
- 1/2 c Red Bell Peppers, Chopped
- 1/2 c Green Bell Peppers, Chopped
- 1/2 c Cider Vinegar
- 1 T Honey
- 1/2 t Garlic Powder
- 1/2 t Black Pepper, Freshly Ground
- 1 t Tabasco

Combine all ingredients in a large pot with 4 cups water. Bring to a boil, cover and reduce heat and simmer for 1 1/2 hours.

Yield: 6 Servings
Sodium Category: Very Low Sodium

Nutrition Facts	
Serving Size 1 Helping	
Servings Per Recipe 6	
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Amount Per Serving	
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Calories	107
Calories from Fat	11

% Daily Values *	
Total Fat 1 gr	2%
Saturated Fat 0 gr	1%
Polyunsaturated Fat 1 gr	
Monounsaturated Fat 0 gr	
Cholesterol 0 mg	0%
Sodium 73 mg	3%
Potassium 795 mg	20%
Carbohydrates 23 gr	8%
Dietary Fiber 3.8gr	15%
Protein 6 gr	
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Vitamin A	4%
Vitamin C	351%
Calcium	21%
Iron	17%
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* Percent Daily Values are based on a 2000 calorie diet	

Web sites for Low Sodium Recipes and Spice and Herb Mixtures

www.thespicehouse.com

www.spicehunter.com

<http://www.lowsodiumcooking.com/free/index.htm>

<http://www.frugal-cafe.com/kitchen-pantry-food/articles/salt-free-herb-blends1.html>