

## SALT SUBSTITUTES

Using salt substitutes or herb blends like Salt Sense and Mrs. Dash in place of regular salt can help you cut back on sodium. Or experiment with herbs and spices and make your own blends. Here are some ideas to get you started.

| HERBS AND SPICES   | RECIPE IDEAS  |
|--|---|
| Basil<br>Marjoram<br>Oregano<br>Parsley<br>Rosemary<br>Sage<br>Thyme<br>Garlic and Onion | <ul style="list-style-type: none"> <li>• Use each alone or mix them together.</li> <li>• These taste great in tomato sauces (use low sodium tomatoes or tomato sauce). Serve the sauce with pasta or rice and your favorite beans.</li> <li>• Try any of these herbs on steamed vegetables, or in soups.</li> </ul> <p>(Try garlic and onion in both the fresh or powder form)</p>                        |
| Chives<br>Dill<br>Parsley<br>Tarragon  | <ul style="list-style-type: none"> <li>• Steam any one of these with vegetables or with fish.</li> <li>• Tarragon is great in soup.</li> <li>• Dill is great in rice with vegetables and kidney beans, or in dips with yogurt and low fat sour cream.</li> <li>• Chives and parsley are great on top of salad, soup, or baked potato. Chives are also good in dips with yogurt and sour cream.</li> </ul> |
| Allspice<br>Garlic<br>Marjoram<br>Parsley<br>Thyme                                       | <ul style="list-style-type: none"> <li>• Mix these herbs and spices together for a terrific meatloaf, pot roast or other red meat dish.</li> </ul>  |
| Marjoram<br>Rosemary<br>Tarragon   | <ul style="list-style-type: none"> <li>• Mix these together, rub on chicken or turkey before roasting.</li> </ul>   |
| Curry powder<br>Turmeric<br>Garlic and Onion   | <ul style="list-style-type: none"> <li>• Mix these together with tomatoes (tomato sauce), rice, black beans and corn for a delicious Spanish flavor.</li> <li>• If you don't like curry try the same recipe without the curry powder.</li> </ul>  |