



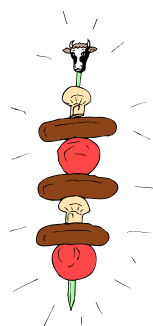
What to Use Instead of Salt

Client Name _____

Dietitian _____

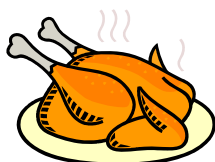
Phone _____ Email _____

Beef



Bay leaf	Mustard Seed	Low Sodium Lemon Pepper
Sage	Pepper	Onion Powder
Thyme	Marjoram	Curry
Balti Seasoning	Red Pepper	Chili Powder
Basil	Paprika	Oregano
Nutmeg	Ginger	Cloves
Garlic	Celery Seed	Parsley
Cayenne	Mace	Dill Weed
Horseradish Powder	Herbes de Provence	Green Peppercorns

Chicken And Turkey



Chervil	Tarragon	White Pepper
Dill Weed	Basil	Oregano
Garlic	Onion Powder	Parsley
Shallots	Lemon Peel	Chives
Cilantro	Curry	Lemon Grass
Cumin	Paprika	Sage
Saffron	Savory	Saté
Herbes de Provence	Ginger	

Pork



Sage	Paprika	Rosemary
Thyme	Pepper	Cilantro
Garlic	Cayenne	Oregano
Onion Powder	Fennel	Basil
Bay Leaf	Parsley	Celery Seeds
Balti Seasoning	Curry	Ginger
Tandoori Seasoning	Herbes de Provence	Red Pepper

Fish



Red Peppers	Tarragon	Chervil
Basil	Cilantro	Low Sodium Lemon Pepper
Cumin	Dill Weed	Parsley
Chives	Garlic	Shallots
Paprika	Tandoori Seasoning	Thyme
Sage		

LambMint
Onion Powder
SatéRosemary
PepperGarlic
Curry

PotatoesChives
Garlic
PepperParsley
Dill Weed
RosemaryOnion Powder
Dill Seed
Mace

**Squash
And Sweet Potatoes**Pepper
Sage
CinnamonOnion Powder
Thyme
ClovesGinger
Basil
Nutmeg

**Green Beans
Corn
Peas**Dill Weed
Garlic
CurryChives
Onion Powder
Red PepperRosemary
Basil
Ancho Chili Peppers

TomatoBasil
Marjoram
GarlicRosemary
Pepper
Onion PowderOregano
Fennel
Poppy Seeds

Herbal Blends for Various Purposes using dried ingredients:**All Purpose Herb Blend**1 part each:
Basil
Bay leaf (1 only)
Marjoram
Parsley
Sage
Thyme**Fish Blend**1 part each:
Basil
Dill Weed
Fennel Weed
Lavender (1/2 part)
Lemon Balm
Rosemary

Meat Blend

1 part each:
Bay Leaf (1/2)
Garlic Tops
Marjoram
Parsley
Rosemary

Bouquet Garni

Tie together using cotton twine
Bay leaf, 1
Marjoram, 1 sprig
Orange Rind, 1 piece
Parsley 1 Sprig
Thyme, Small Sprig
Savory Thyme (1/2 Part)

Salad Blend

1 part each:
Basil
Celery Tops or Seeds
Chervil
Dill Weed
Lemon Balm
Marjoram
Parsley

Zesty Italian Seasoning

Combine and put into a shaker
½ teaspoon each:
Parsley Flakes
Oregano
Dry Mustard
Celery Seed
Pepper

Herbs and Lemon Blend

Combine and put into a shaker
2 tablespoons dill weed
2 tablespoon instant minced onions
1 teaspoon oregano
1 teaspoon celery seed
½ teaspoon lemon peel
¼ teaspoon ground black pepper

Chicken Blend

1 part each:
Celery Tops or Lovage
Chervil
Marjoram
Parsley
Sage



Vegetable Spices

1 part each:
Celery
Chervil
Dill Weed (1/2)
Fennel Leaves
Lemon Balm
Lovage
Paprika
Parsley
Tarragon



Soup Blend

¼ cup each:
Bay Leaf (2 Crumbled)
Basil
Celery Tops
Oregano
Parsley



Herb Seasoning in a Shaker

Combine and put into a shaker
2 teaspoons Parsley Flakes
½ teaspoon Garlic Powder
½ teaspoon Basil
½ teaspoon Marjoram
½ teaspoon Allspice
½ teaspoon Pepper



South of the Border Blend

Combine and put into a shaker
¼ cup instant minced onions
1 tablespoon sweet basil
1 tablespoon ground cumin
1 teaspoon garlic powder
1 teaspoon ground black pepper



Marinating is also a great way to add flavor without salt. Typical ingredients for marinating include: lemon, vinegar (cider, wine or balsamic), dry red wine, citrus juices, and oil (olive, peanut oil or corn oil) and spices. As the food stands in the mixture, the acid and the oil impart the savory flavors of the spices to the food. The acid also has a tenderizing action. Try adding up to 3 or 4 spices (see previous list or cookbooks) to the vinegar or wine and oil.

The acid in marinade causes poultry tissue to break down. This has a tenderizing effect and helps the poultry hold more liquid, making it juicier. Too much vinegar or hot sauce in a marinade can have the opposite effect, causing the meat to be stringy and tough.

Whole poultry or meat may be marinated by completely covering the poultry or meat in the marinade. To help infuse the marinade into the poultry, you may use a fork to make random holes. A needle-like injector may also be used. Be sure to put the meat in the refrigerator while marinating.

Poultry can be refrigerated for up to 2 days in a marinade. For easy cleanup, use food-safe plastic bags during storage, and discard the bags after marinating. You may also use plastic, stainless steel, or glass containers to marinate your meat. “Cover poultry or meat during storage in the refrigerator. Don’t use marinade from raw poultry or meat as a sauce unless it is boiled first to destroy bacteria. Don’t reuse leftover marinade. When stuffing poultry, marinate the poultry first. Cook immediately after stuffing.”
(www.fsis.usda.gov/OA/pubs/bastebrine)

Check with your favorite cookbook for details on how to marinate meats and vegetables. Remember commercially made package marinade may be high in sodium.

