SALT FREE
SEASONING RECIPES

Jerk Seasoning

Not as hot as some jerk seasonings you may have had, but hot enough to be interesting.

1 T Onion Flakes
1 T Onion Powder
2 t Thyme
1 t Ground Allspice
1/4 t Nutmeg
1/4 t Cinnamon
2 t Sugar
1 t Black Pepper
1 t Cayenne
2 t Dried Chives

Mix together all the ingredients. Store in a tightly closed glass jar.

Yield: 12 Servings

Mexican Blend

Add to chili, beans or other Mexican dishes or sprinkle on grilled vegetables like potatoes on onions.

1 T Dried Chili Peppers, Ground
2 t Garlic Powder
2 t Onion Powder
1 t Paprika
1 1/2 t Cumin
1 t Celery Seed
1 t Oregano
1/4 t Cayenne
1/4 t Bay Leaf, Ground

Mix well and store in an airtight container.
**Seafood Seasoning**

Here in Maryland, summer means crabs and other seafood. And seafood means steamed, with Old Bay Seasoning or the locally produced equivalent from the local seafood market. Only trouble is Old Bay contains 330 mg of sodium per 1/2 teaspoon. So next time you want some steamed seafood, they our low sodium taste alike 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

**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
**Steak Rub**

If you liked the Montreal style steak seasoning, but can't have it any more, try this. I personally prefer just a little freshly ground pepper.

1 T Paprika  
1 T Chili Powder  
1 T Black Pepper  
1/2 t Cayenne  
1/2 t Garlic Powder  
1/4 t Dill Seed  
1/4 t Celery Seed

Mix together and store in an airtight container.

Yield: 16 Servings

**Soy Sauce Substitute**

No, it's not real soy sauce. But i think you might be surprised how little you'll notice the difference from the 300 mg or more per tablespoon stuff. This was sent to me by a reader of the newsletter, who said it came from a better homes and gardens low sodium cookbook. Ironically, that must be the only book they ever published that i don't have. I usually make a double or triple batch. It keeps well in the refrigerator, and a half a cup never seems to go very far.

2 T Sodium Free Beef Bouillon  
2 t Red Wine Vinegar  
1 t Molasses  
1/8 t Ground Ginger  
ds Black Pepper  
ds Garlic Powder  
3/4 c Water

In small sauce pan, combine and boil gently uncovered about 5 minutes or til mixture is reduced to 1/2 cup. Store in refrigerator. Stir before using.

Thanks to: [http://www.lowsodiumcooking.com](http://www.lowsodiumcooking.com) for these recipes!

[plenutritiontips.com](http://plenutritiontips.com)