

HEART HEALTHY SEASONING GUIDE

Flavor without the Sodium

Poultry & Egg

- **Rosemary** *Chicken, Turkey*
- **Sage** *Stuffing, Roast*
- **Paprika** *Deviled Eggs*
- **Thyme** *Omelets*

Beef & Pork

- **Garlic Powder** *Steak, Roasts*
- **Black Pepper** *Burgers*
- **Cumin** *Pork Tacos*
- **Dry Mustard** *Lean Tenderloin*

Fish & Seafood

- **Lemon Zest** *White Fish*
- **Dill** *Salmon, Trout*
- **Cayenne** *Shrimp*
- **Tarragon** *Scallops*

Vegetables

- **Basil** *Tomatoes, Squash*
- **Oregano** *Zucchini, Peppers*
- **Turmeric** *Cauliflower*
- **Balsamic** *Leafy Greens*

Tip: Use fresh citrus juice or vinegars to brighten flavors instead of salt.