

LOW SODIUM SPICE PAIRING GUIDE

POULTRY & EGGS

- Tarragon *Chicken Salad*
- Paprika (Smoked) *Deviled Eggs*
- Sage *Roast Turkey*
- Thyme *Omelets*

BEEF & LAMB

- Rosemary *Steak / Lamb Chops*
- Cumin *Ground Beef*
- Black Pepper *Pot Roast*
- Garlic Powder *Burgers*

VEGETABLES

- Dill *Carrots / Potatoes*
- Nutmeg *Spinach / Squash*
- Oregano *Zucchini / Tomatoes*
- Turmeric *Cauliflower*

SEAFOOD

- Lemon Peel *White Fish*
- Coriander *Shrimp*
- Cayenne *Grilled Salmon*
- Parsley *Scallops*

Note: Use fresh herbs or "No Salt Added" dried spices for best results.