

NO-SALT SEASONING REFERENCE

Protein/Dish	Recommended Herb & Spice Pairings
Beef	Bay leaf, Marjoram, Nutmeg, Onion, Pepper, Sage, Thyme
Chicken	Ginger, Marjoram, Oregano, Paprika, Rosemary, Sage, Thyme
Fish	Curry powder, Dill, Dry mustard, Lemon juice, Marjoram, Paprika
Pork	Garlic, Onion, Sage, Rosemary, Cinnamon, Cloves
Vegetables	Dill, Tarragon, Garlic, Chives, Parsley, Lemon zest
Pasta/Italian	Basil, Oregano, Garlic powder, Red pepper flakes, Thyme
All-Purpose Blend	5 tsp Onion powder, 1 tbsp Garlic powder, 1 tbsp Paprika, 1 tbsp Mustard powder, 1 tsp White pepper