

SODIUM-FREE HERB & SPICE PAIRING GUIDE

Food Category	Best Herb & Spice Pairings
Beef	Bay leaf, Marjoram, Nutmeg, Onion, Pepper, Sage, Thyme
Poultry	Garlic, Oregano, Paprika, Rosemary, Sage, Thyme
Fish	Curry powder, Dill, Lemon juice, Marjoram, Paprika, Parsley
Pork	Cider vinegar, Garlic, Onion, Sage, Thyme, Applesauce
Vegetables	Dill, Lemon juice, Marjoram, Tarragon, Toasted Sesame Seeds
Pasta / Grains	Basil, Garlic, Onion, Oregano, Parsley, Toasted Pine Nuts
Eggs	Chives, Curry powder, Paprika, Parsley, Green Pepper

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