

USE THESE SEASONINGS INSTEAD OF SALT

- Allspice** — Lean meats, stews, tomatoes, peaches, applesauce, cranberry sauce, gravies
- Basil** — Fish, lamb, lean ground meats, stews, salads, soups, sauces, fish cocktails
- Bay leaves** — Lean meats, stews, poultry, soups, tomatoes
- Caraway seeds** — Lean meats, stews, soups, salads, breads, cabbage, asparagus, noodles
- Chives** — Salads, sauces, soups, lean meat dishes, vegetables
- Cider vinegar** — Salads, vegetables, sauces
- Cinnamon** — Fruits (especially apples), breads, pie crusts
- Curry powder** — Lean meats (especially lamb), veal, chicken, fish, tomatoes, tomato soup, mayonnaise
- Dill** — Fish sauces, soups, tomatoes, cabbages, carrots, cauliflower, green beans, cucumbers, potatoes, salads, macaroni, lean beef, lamb, chicken, fish
- Garlic** (not garlic salt) — Lean meats, fish, soups, salads, vegetables, tomatoes, potatoes
- Ginger** — Chicken, fruits
- Lemon juice** — Lean meats, fish, poultry, salads, vegetables
- Mustard (dry)** — Lean ground meats, lean meats, chicken, fish, salads, asparagus, broccoli, Brussels sprouts, cabbage, mayonnaise, sauces
- Nutmeg** — Fruits, piecrust, lemonade, potatoes, chicken, fish, lean meat loaf, toast, veal, pudding
- Onion** (not onion salt) — Lean meats, stews, vegetables, salads, soups
- Paprika** — Lean meats, fish, soups, salads, sauces, vegetables
- Parsley** — Lean meats, fish, soups, salads, sauces, vegetables
- Pimiento** — Salads, vegetables, casserole dishes
- Rosemary** — Chicken, veal, lean meat loaf, lean beef and pork, sauces, stuffing, potatoes, peas, beans
- Sage** — Lean meats, stews, biscuits, tomatoes, green beans, fish, lima beans, onions, lean pork
- Savory** — Salads, lean pork and ground meats, soups, green beans, squash, tomatoes, lima beans, peas
- Thyme** — Lean meats (especially veal and pork), sauces, soups, onions, peas, tomatoes, salads
- Turmeric** — Lean meats, fish, sauces, rice



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