

Seasoning without salt

It is important that you do not use salt while preparing foods or while at the table. At first food prepared without salt will taste bland. But, don't get discouraged. After a few weeks, you will lose your taste for salt. Also remember that there are many tasty ways to season without salt as shown with the following seasoning suggestions:

Beef: Basil, bay leaf, caraway, curry, dill weed, dry mustard, fresh onion or onion powder, garlic, green pepper, mace, marjoram, fresh mushrooms, nutmeg, parsley, pepper, rosemary, sage, savory, tarragon, thyme, tomato.

Chicken: Basil, cloves, cranberries, mace, fresh mushrooms, nutmeg, oregano, paprika, parsley, pineapple, poultry seasoning without salt, sage, saffron, tarragon, thyme, turmeric.

Fish: Basil, bay leaf, chervil, curry, dill, dry mustard, green pepper, lemon juice, marjoram, fresh mushrooms, paprika, fresh ground pepper, tarragon, tomato, turmeric.

Vegetables: Basil, dill weed, fresh garlic or garlic powder, ginger, green pepper, lemon juice, mace, marjoram, mint, nutmeg, fresh onion or onion powder, tarragon, tomato, sugar or substitute, unsalted salad dressings, vinegar.

Be sure to check out our recipe page for our spice blend recipe.