Use Herbs and Spices Instead of Salt

Try these herbs and spices to season your food instead of salt. Start with small amounts to see if you like them.

- **Allspice**: Use in meats, fish, poultry, soups, stews, and desserts.
- **Anise**: Use in breads, snacks, soups, stews, vegetables, meats, and poultry.
- **Annatto Seeds**: Use in vegetables, meats, poultry, and rice.
- **Bay Leaf**: Use in soups, stews, meats, poultry, seafood, and sauces.
- **Basil**: Use in soups, salads, vegetables, fish, and meats.
- **Cayenne Pepper**: Use in meats, poultry, stews, and sauces.
- **Celery Seed**: Use in fish, salads, dressings, and vegetables.
- **Chili Powder / Chile Pequeño**: Use in meats, poultry, vegetable, fish and stews.
- **Cilantro**: Use in meats, sauces, stews, and rice.
- **Cinnamon**: Use in salads, vegetables, breads, and snacks.
- **Clove**: Use in soups, salads, and vegetables.
- **Cumin**: Use in meats and poultry.
- **Curry Powder**: Use in meats, shellfish, and vegetables.
- **Dill Weed and Dill Seed**: Use in fish, soups, salads, and vegetables.
- **Garlic**: Use in soups, stews, salads, vegetables, meats, poultry, seafood, and sauces.
- **Garlic Powder**: Use in meats, poultry, fish, vegetables, salads, soups, and stews.
- **Ginger**: Use in soups, salads, vegetables, and meats.
- **Lemongrass**: Use in soups, stews, meats, poultry, seafood, and sauces.
- **Marjoram**: Use in soups, salads, vegetables, beef, fish, and poultry.
- **Nutmeg**: Use in vegetables and meats.
- **Onion Powder/Green Onion**: Use in meats, poultry, seafood, soups, and salads.
- **Oregano**: Use in soups, salads, vegetables, meats, and poultry.
- **Paprika**: Use in meats, fish, poultry, and vegetables.
- **Parsley**: Use in salads, vegetables, fish, and meats.
- **Rosemary**: Use in salads, vegetables, fish, and meats.
- **Saffron**: Use in breads, snacks, soups, stews, poultry, seafood, sauces, and rice.
- **Sage**: Use in soups, salads, vegetables, meats, and poultry.
- **Tamarind**: Use in soups, poultry, sauces, and rice.
- **Thyme**: Use in salads, vegetables, fish, and poultry.
- **Vinegar**: Use in soups, salads, vegetables, meats, and poultry.