## **Use Herbs and Spices Instead of Salt**

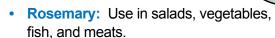
Try these herbs and spices to season your food instead of salt.

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.

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- 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.



- **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.





