



# Instead of salt **TRY SPICES**

Basil	Add $\frac{1}{4}$ - $\frac{1}{2}$ tsp. To 2 cups of vegetables; $\frac{3}{4}$ - $1\frac{1}{2}$ tsps to $1\frac{1}{2}$ pounds of pork or beef; $\frac{1}{4}$ tsp to 2 tbsp margarine for basting 1 pound of fish or $1\frac{1}{2}$ lbs of chicken
Chili Powder	Add 1 - 2 tbsp to about 8 cups of beef, noodle or rice dishes; 1 - 2 tbsp to 4 lbs of beef; $\frac{1}{2}$ - $\frac{3}{4}$ tsp to 8 cups popped corn or $\frac{1}{3}$ cup unpopped corn
Curry Powder	Add 1 - 2 tbsp to 2 pounds of lamb; 1 tbsp to 2 pounds of beef; $1\frac{1}{2}$ tsp to 1 cup uncooked regular long-grain rice; $\frac{1}{2}$ tsp to tuna salad using $6\frac{1}{2}$ - 7 oz of tuna
Dill Weed	Add $\frac{1}{4}$ - $\frac{3}{4}$ tsp to 2 cups of vegetables; $\frac{1}{2}$ - 1 tsp to 4 cups of cooked noodles
Dill Seed	Add $\frac{1}{4}$ - $\frac{1}{2}$ tsp crushed seed to 2 tbsp margarine for seasoning fish, vegetables or bread
Garlic	1-2 cloves or to taste
Nutmeg	Add $\frac{1}{4}$ tsp to 2 cups of vegetables; $\frac{1}{4}$ tsp to 4 cups creamed chicken or tuna
Oregano	Add $\frac{1}{4}$ - $\frac{3}{4}$ tsp to 4 eggs for egg salad; $\frac{1}{4}$ tsp to $\frac{1}{4}$ cup margarine for basting fish; $\frac{1}{2}$ - $\frac{1}{2}$ tsp to 2 cups spinach, green beans or 3 cups of tomatoes
Paprika	Add $\frac{1}{2}$ tsp to $\frac{1}{4}$ cup flour for dredging chicken or meat; $\frac{1}{2}$ tsp to $\frac{1}{4}$ cup margarine for seasoning white vegetables
Parsley Flakes	Add 2-4 tsp to 4 cups of cooked noodles or 3 cups cooked rice; 2 tbsp to 2 pounds of beef; $\frac{1}{4}$ - $\frac{1}{2}$ tsp to $\frac{1}{4}$ cup of margarine for cooking vegetables, fish or meat
Tarragon	Add $\frac{1}{4}$ tsp to 1 pound of fish; 1 tsp to 3 pounds of chicken, $\frac{1}{4}$ - $\frac{1}{2}$ tsp to $\frac{1}{4}$ cup margarine for basting beef or pork
Thyme	Add $\frac{1}{4}$ - $\frac{1}{2}$ tsp to flour for dredging 3 pounds of chicken
Lemon Juice	Add to taste on salads and vegetables