

Salt Substitutes

Handout 2

Instead of cooking with salt or soy sauce, try these herbs and spices. Using salt substitutes like Mrs. Dash and Salt Sense in place of your regular salt can help you cut back even more.

Herbs and Spices	Recipe Ideas
Basil Marjoram Oregano Parsley Rosemary Sage Thyme Garlic and onion	<ul style="list-style-type: none"> • Use each alone or mix them together. • These taste great in tomato sauces (use low sodium tomatoes or tomato sauce). Serve the sauce with pasta or rice and your favorite beans. • Try any of these herbs in your steamed vegetables or in soups. • Try garlic and onion in both the fresh and powder forms.
Chives Dill Parsley Tarragon	<ul style="list-style-type: none"> • Steam any one of these with your vegetables or with fish. • Tarragon is great in soup. • Dill is great in rice with vegetables and kidney beans, or in dips with yogurt and low fat sour cream. • Chives and parsley are great on top of salad, soup or baked potato. They are also good in dips with yogurt and sour cream.
Allspice Garlic Marjoram Parsley Thyme	<ul style="list-style-type: none"> • Mix these herbs and spices together for a terrific meat loaf, pot roast or other red meat dish.
Marjoram Rosemary Tarragon	<ul style="list-style-type: none"> • Mix these together, rub on your chicken or turkey (with the skin removed) and steam it.
Curry powder Turmeric Garlic and Onion	<ul style="list-style-type: none"> • Mix these together with tomatoes (tomato sauce), rice, black beans and corn for a delicious Spanish flavor. • If you don't like curry, try the same recipe without the curry powder.