

Healthy Homemade Seasonings

Ditch the store-bought seasoning packets for simple, at-home options. For each recipe, simply add all the spices to a glass jar or bowl and mix well. Store in a glass jar until ready to use.

ITALIAN SEASONING

- 2 tsp dried oregano
- 1 tsp dried basil
- 1 tsp dried parsley
- 1 tsp garlic powder
- ½ tsp dried thyme
- ½ tsp dried rosemary

GARLIC & HERB SALT RUB

- ½ cup coarse sea salt
- 2 tbsp dried thyme
- 1 tbsp garlic powder
- 1 tbsp dried rosemary
- 1 tbsp dried oregano

Note: This recipe makes a big batch, so be sure to store in a sealed glass jar away from light until ready to use.

RANCH SEASONING

- 1 tbsp dried parsley
- 1 tsp dried dill
- 1 tsp dried chives
- ½ tsp garlic powder
- ½ tsp onion powder
- ¼ tsp dried basil
- ¼ tsp sea salt
- ⅛ tsp black pepper

SPICY TACO SEASONING

- 1 tbsp chili powder
- 2 tsp ground cumin
- 1 tsp sea salt
- ½ tsp dried oregano
- ½ tsp garlic powder
- ¼ tsp onion powder
- ¼ tsp paprika
- ¼ tsp crushed red pepper flakes

CITRUS & THYME POULTRY RUB

- 1 tbsp freshly grated lemon zest
- 2 tsp dried thyme
- 1 tsp dried oregano
- 1 tsp sea salt
- ½ tsp dried sage
- ¼ tsp black pepper

Note: This recipe is best if enjoyed right after making. You can pre-make this seasoning without the lemon zest, and store in a glass jar. When ready to use, add the lemon zest.