



SODIUM FREE FLAVORING TIPS :

HERBS

Herbs are delicately flavored, so add them to your cooking in the last few minutes.

.In addition to boosting meat dishes, herbs can be added to soups, breads, mustards, salad dressings, vinegars, desserts and drinks.

| Beef | Chicken | Eggs | Fish | Lamb | Pork | Vegetables |
|---------------------|------------------|-----------------------|------------------|----------------------|-----------------------|-----------------------|
| Basil | Basil | Chervil | Basil | Cloves | Applesauce | Basil |
| Bay leaf | Cloves | Curry | Bay leaf | Curry | | Tarragon |
| Rosemary | Cranberries | Paprika | Chervil | Onion | Basil | Tomato |
| Curry | Mace | Dry mustard | Curry | Thyme | Caraway | Ginger |
| Dry mustard | Mushroom (fresh) | Garlic/ garlic powder | Dry mustard | Garlic/garlic powder | Cloves | Garlic/ garlic powder |
| Garlic | Nutmeg | Tomato | Tomato | Mace | Garlic or | Lemon juice |
| Grape jelly | Tomato | Tarragon | Green pepper | Mint | garlic powder | Mace |
| Green pepper | Oregano | Green pepper | Lemon juice | Mint jelly | Onion or onion powder | Marjoram |
| Mace | Paprika | Jelly | Tarragon | Oregano | Rosemary | Nutmeg |
| Marjoram | Parsley | Mushrooms (fresh) | Marjoram | Parsley | Thyme | Onion/ onion powder |
| Mushrooms (fresh) | Pineapple | Rosemary | Mushroom (fresh) | Pineapple | | |
| Nutmeg | Saffron | Nutmeg | Paprika | Rosemary | | |
| Onion/ onion powder | Savory | Onion powder | Pepper | Tarragon | | |
| Parsley | Turmeric | Parsley | Turmeric | | | |
| Pepper | Thyme | | | | | |

