Spice Blend Trio

Homemade spice blends are a great way to add seasoning to your meals while watching your sodium and calorie intake – having a batch or two on hand means flavorful food on the fly!

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<th>YIELD</th>
<th>PREP TIME</th>
<th>TOTAL TIME</th>
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<td>3 BATCHES</td>
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INGREDIENTS

**Taco Spice Blend:**
- 3 Tbsp Chili Powder
- 3 Tbsp Onion Powder
- 1 Tbsp Cumin
- 1 Tbsp Coriander
- 1 Tbsp Garlic Powder
- 1 Tbsp Paprika, smoked or regular
- 1 ½ tsp Black Pepper
- 3/4 tsp Cayenne Pepper (optional)

**Moroccan Spice Blend:**
- 1 tsp Paprika, regular or smoked
- ½ tsp Cumin, ground
- ¼ tsp Brown Sugar
- ¼ tsp Cardamom
- ¼ tsp Ginger, ground
- 1/8 tsp Allspice, ground
- 1/8 tsp Black Pepper, ground
- 1/8 tsp Cinnamon, ground
- 1/8 tsp Cayenne Pepper

**Garlic & Herb Spice Blend:**
- 1 tsp Basil, dried
- 1 tsp Thyme, dried
- 2 tsp Garlic, granulated
- 1 Tbsp Nutritional Yeast

CHEF’S NOTES

These spice blends make a great dip for vegetables and pita chips. You can also try as a sandwich spread for added flavor.

To make any of these blends into a dip: mix 1 ½ tsp of your spice blend into 1 cup of Greek yogurt, 2 tsp of water, and ¼ salt. Add in lime or lemon juice to taste. Refrigerate for a few hours before serving to allow the flavors to develop.

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. Combine all of the seasonings from the desired spice blend in a small container or jar with a lid. Cover and shake well to combine.
3. Can be used immediately in your favorite recipe and any leftovers can be stored in a sealed container for up to six months in a cool, dark space.

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