



Garden Herb Rub

8 Servings • 1 Serving = 1/3 Cup

INGREDIENTS

- 1 Tablespoon fresh thyme (chopped) or ¾ teaspoon dried thyme (crushed)
- 1 Tablespoon fresh sage (chopped) or ¾ teaspoon dried sage (crushed)
- 1 Tablespoon fresh rosemary (chopped) or ¾ teaspoon dried rosemary (crushed)
- 2 cloves garlic, minced
- 1½ teaspoons freshly ground black pepper
- 1 teaspoon kosher salt
- ½ teaspoon crushed red pepper

DIRECTIONS

1. Combine all ingredients in a small bowl. Mix well to combine.

Nutrition Facts

8 servings per container	
Serving size	1/3 cup
Amount per serving	
Calories	0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 290mg	13%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 5mg	0%
Iron 0mg	0%
Potassium 8mg	0%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

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