



Spice Blends

8 Servings • 1 Serving = 2 Tablespoons

INGREDIENTS

Ranch Blend

- 1 Tablespoon dried parsley
- 1 Tablespoon dried dill
- 1 Tablespoon garlic powder
- 1 Tablespoon onion powder
- 1 teaspoon salt

Pizza Blend

- 1 Tablespoon dried basil
- 1 Tablespoon dried oregano
- 1 teaspoon garlic powder
- 1 teaspoon salt

Garden Herb Rub

- 1 Tablespoon dried thyme
- 1 Tablespoon dried sage
- 1 Tablespoon dried oregano
- 1 teaspoon garlic powder
- 1 teaspoon black pepper
- 1 teaspoon salt

Spanish Spice Blend

- 1 Tablespoon thyme
- 1 Tablespoon ground cumin
- 1 Tablespoon paprika
- ½ Tablespoon red chili flakes
- 1 teaspoon salt

Indian Spice Blend

- 1 Tablespoon ground cumin
- 1 Tablespoon curry powder
- 1 Tablespoon chili powder
- ¼ Tablespoon ground cinnamon
- 1 teaspoon salt

Nutrition Facts	
4 servings per container	
Serving size 1 Tablespoon	
Amount per serving	
Calories	20
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 135mg	6%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 39mg	2%
Iron 1mg	6%
Potassium 74mg	2%

*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.

DIRECTIONS

1. Choose the type of spice blend you would like to make. Combine all ingredients in a small bowl. Mix well to combine.

chefs.org

@CHEFSanAntonio

