

# Use Herbs and Spices Instead of Salt

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**Anise:** Use in breads, snacks, soups, stews, vegetables, meats, and poultry.

**Annatto Seeds:** Use in vegetables, meats, poultry, and rice.

**Basil:** Use in soups, salads, vegetables, meats, and fish.

**Bay Leaf:** Use in soups, stews, meats, poultry, seafood, and sauces.

**Chili Powder:** Use in soups, salads, vegetables, and fish.

**Cilantro:** Use in stews, meats, sauces, and rice.

**Cinnamon:** Use in breads, snacks, salads, and vegetables.

**Clove:** Use in breads, snacks, soups, salads, and vegetables.

**Dill Weed and Dill Seed:** Use in soups, salads, vegetables, and fish.

**Garlic:** Use in soups, stews, salads, vegetables, meats, poultry, seafood, and sauces.

**Ginger:** Use in soups, salads, vegetables, meats, and seafood.

**Green Onion/Onion Powder:** Use in soups, salads, meats, poultry, and seafood.

**Lemongrass:** Use in soups, stews, meats, poultry, seafood, and sauces.

**Marjoram:** Use in soups, salads, vegetables, meats, poultry, and seafood.

**Nutmeg:** Use in breads, snacks, vegetables, and meats.

**Oregano:** Use in soups, salads, vegetables, meats, and poultry.

**Parsley:** Use in salads, vegetables, meats, poultry, and seafood.

**Rosemary:** Use in salads, vegetables, meats, and seafood.

**Saffron:** Use in breads, snacks, soups, stews, poultry, seafood, sauces, and rice.

**Sage:** Use in soups, salads, vegetables, meats, and poultry.

**Tamarind:** Use in soups, poultry, sauces, and rice.

**Thyme:** Use in salads, vegetables, poultry, and fish.

**Vinegar:** Use in soups, salads, vegetables, meats, and poultry.



**Note:** To start, use small amounts of these herbs and spices to see if you like them.