Do It Yourself
Spice Mixes

Making your own spice blends is a win-win situation that gives your food a pop of flavor while reducing sodium. Herbs come from the leaves of shrubs. Spices come from other parts of plants.

Did you know?

Many spices contain high levels of sodium. For example, one tablespoon of paprika can contain as much as 1,000 mg of sodium. You can reduce sodium by making your own spice blends.

Make your own

Combine your favorite herbs and spices in a 2-cup jar. Seasoning blends can be stored in a cool, dry place for up to a month.

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Spinach and Strawberry Salad

Ingredients
- Fresh Spinach
- Fresh strawberries
- Vinaigrette of choice (e.g., lemon, balsamic)
- Optional: Feta cheese, nuts, seeds

To make: Layer spinach and strawberries in a bowl. Pour vinaigrette over the top and add any additional ingredients as desired. Serve immediately.

Easy Candied Pecans

Ingredients
- Pecans
- Brown sugar
- Cinnamon
- Optional: Ground nutmeg, ground cardamom

To make: Mix pecans, brown sugar, and spices in a bowl. Bake at 350°F for 10-15 minutes or until pecans are golden brown and fragrant. Cool before serving.