



***Seasoning
Recipe Booklet***



Fajita Seasoning

- 2 tablespoons chili powder
- 2 teaspoons paprika
- 2 teaspoons garlic powder
- 2 teaspoons cumin
- 1 teaspoon oregano
- 1 teaspoon black pepper
- 2 teaspoons onion powder
- 1 teaspoon cayenne pepper
- 1 tablespoon cornstarch

Recipe: The Oregon Dietitian (theoregondietitian.com)

Italian Seasoning

- 3 tablespoons oregano
- 1 tablespoon marjoram
- 2 tablespoons thyme
- 1 tablespoon dried basil
- 1 tablespoon dried sage

Recipe: The Oregon Dietitian (theoregondietitian.com)



Poultry Seasoning

- 2 tablespoons ground sage
- 1 1/2 tablespoons thyme
- 1 tablespoon marjoram
- 1 tablespoon rosemary
- 1/2 tablespoon nutmeg
- 1/2 tablespoon black pepper

Recipe: Tasty Thin (tastythin.com)

Ranch Seasoning

This one you have to combine in a food processor because of the chives. Just pulse until the chives are all flaked and everything is combined.

- 2 tablespoons dried parsley
- 2 teaspoons dill weed
- 2 tablespoons garlic powder
- 2 teaspoons onion powder
- 1 teaspoon onion flakes
- 1 teaspoon black pepper
- 2 teaspoons dried chives
- 1 teaspoon oregano

Recipe: The Oregon Dietitian (theoregondietitian.com)



Curry Seasoning

- 3 tablespoons coriander
- 2 tablespoons cumin
- 2 tablespoons turmeric
- 1 teaspoon dried ground ginger
- 1 teaspoon dried mustard
- 1 teaspoon black pepper
- 1 teaspoon cinnamon
- 1 teaspoon cayenne pepper
- 1 teaspoon red chili flakes

Recipe: The Oregon Dietitian (theoregondietitian.com)

Taco Seasoning

- 5 tablespoons chili powder
- 2 teaspoon garlic powder
- 1 teaspoon onion powder
- 2 teaspoons paprika
- 3 tablespoons cumin
- 2 teaspoon black pepper
- 1 teaspoon cayenne pepper

Recipe: The Oregon Dietitian (theoregondietitian.com)

Greek Seasoning


- 1 tablespoon oregano
- 1 tablespoon dill
- 1 tablespoon dried onion flakes
- 1 tablespoon dried garlic flakes
- 1 tablespoon dried parsley
- 2 teaspoons basil
- 1 teaspoon thyme
- 1 teaspoon marjoram
- 1 teaspoon black pepper

Recipe: Tasty Thin (tastythin.com)

Blackened Seasoning

- 2 tablespoons paprika
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 2 teaspoons black pepper
- 1 teaspoon cayenne pepper
- 1 teaspoon oregano
- 1 teaspoon thyme

Recipe: Tasty Thin (tastythin.com)



Pumpkin Pie Spice Mix

- 4 1/2 tablespoons cinnamon
- 3 teaspoons ground ginger
- 3 teaspoons nutmeg
- 2 teaspoons allspice
- 2 teaspoons ground cloves

Recipe: Tasty Thin (tastythin.com)

Cajun Seasoning

- 1 tablespoon chili powder
- 1 tablespoon black pepper
- 1 1/2 teaspoons oregano
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 1 1/2 teaspoons cayenne pepper
- 1 tablespoon paprika
- 1 tablespoon thyme

Recipe: The Oregon Dietitian (theoregondietitian.com)

Apple Pie Spice Mix

- 3 tablespoons cinnamon
- 1 tablespoon nutmeg
- 1/2 tablespoon cardamom
- 2 teaspoons allspice

Recipe: Tasty Thin (tastythin.com)

Herb Salt Substitute Recipe

- 1 Tbsp cayenne pepper (ground)
- 1 Tbsp garlic powder
- 1 Tbsp onion powder
- 1 tsp basil (dried)
- 1 tsp oregano (dried)
- 1 tsp thyme (dried)
- 1 tsp parsley (dried flakes)
- 1 tsp savory (dried)
- 1 tsp mace (ground)
- 1 tsp black pepper (freshly ground)
- 1 tsp sage (dried)
- 1 tsp marjoram (dried)
- 1 tsp lemon (ground, dried, grated, zest of lemon peel)

Recipe: The Spruce Eats (thespruceeats.com)



What is High Blood Pressure & What Can I Do About It?

- Systolic (the pressure when the heart pumps) = the top number should be below 140
- Diastolic (the pressure when the heart is between beats) = the bottom number should be below 90

HIGH

*Systolic 140 or above OR
Diastolic 90 or above*

**PRE-
HIGH**

*Systolic between 121-139 OR
Diastolic between 81-89*

NORMAL

*Systolic 120 or less AND
Diastolic 80 or less*

High Blood Pressure is a contributing factor to 50% of heart attacks and 75% of strokes.

Fortunately, it can usually be controlled with a combination of **physical activity**, achieving a **healthy weight**, **healthier eating**, **medication**, and **avoiding tobacco** and **excessive alcohol**.



Questions to Ask Your Health Provider

- What is my Blood Pressure goal?
- What is my BP medication? How does it work? What's the best way to take it?
- What could I do to reduce my need for medication?
- What would be a healthy weight for me?
- Do you have suggestions for a healthier eating plan that I could follow?
- Am I getting enough physical activity? How can I get more in a safe, enjoyable way?

6 Steps to a Normal Blood Pressure

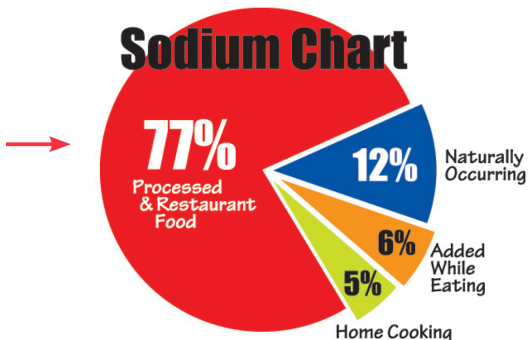
- 1) Maintain a normal weight
- 2) Get at least 30 minutes of physical activity most days
- 3) Only drink alcohol in moderation
- 4) Eat more fresh fruits and vegetables
- 5) Avoid tobacco
- 6) Reduce salt
 - Buy fresh, frozen or canned vegetables with “no salt added”
 - Use herbs, spices and salt-free seasonings in home cooking and at the table
 - Eat home-cooked meals - most salt is consumed from restaurant and processed foods

 - Read food labels and buy low, reduced or no-salt-added versions of foods
 - Eat fresh poultry, fish or lean meat, not canned or processed varieties

Dining Out the Healthy Way...

- Downsize, don't supersize.
- Ask for dressings, gravies and sauces on the side.
- Shy away from *fried* and *buttery* and choose *baked*, *grilled* and *broiled* instead.
- Order water rather than soda.
- Share your entrée with a friend.
- Read nutritional labels on menus.
- Choose healthy heart selections.

Sodium Chart



A healthy heart



**needs 30 minutes or more
of physical activity a day,
at least 5 days each week**

- Take a brisk walk before breakfast or after dinner, or both!
- Walk the dog or walk with a friend
- Take the stairs
- Park farther from work or stores
- Plan family outings and vacations that include physical activity – hiking, biking, swimming, dancing, etc.
- Draw a one mile circle around your house on a map and commit to traveling everywhere within it by walking or bicycling