Recipes

Herb Butter
½ cup softened butter
2 Tbsp. finely chopped parsley, basil, or herb of choice
¼ tsp. minced garlic
2-3 tsp. lemon juice
Salt and pepper to taste
Blend all ingredients and form into a roll. Wrap tightly and freeze up to 6 months. Slice and use as desired.

Herbed Cream Cheese
1 lb. low-fat cream cheese
½ lb. butter or margarine
1 clove garlic
¼ tsp. white or black pepper
¼ tsp. dried basil leaves (1/2 tsp. fresh)
¼ tsp. dried marjoram leaves (1/4 tsp. fresh)
¼ tsp. dried thyme leaves (1/8 tsp. fresh)
¼ tsp. dried dill weed
Place cream cheese and butter in food processor or mixer. Add garlic and herbs and blend. Serve with crackers. Store in 3 half pint jars in refrigerator for 1 week or in freezer for 3 months. Yield 3 cups.

Herbed Potatoes
4-6 potatoes
2 tsp. olive oil
2 tsp. chopped fresh or ¼ tsp. of dried thyme (or rosemary or oregano)
Salt and Pepper to taste
1. Preheat oven to 425° F
2. Wash thoroughly and cut potatoes in half
3. Spread the center area of a 16 inch length of foil with olive oil. Arrange the potatoes on it cut side down, to one side of its center.
4. Season lightly with pepper and sprinkle with thyme or herb of choice.
5. Fold the foil over the potatoes; then fold and tightly crimp the edges together to form a D-shaped packet.
6. Transfer the packet to a baking sheet and bake for 25 minutes.

Low Salt Seasoning Salt (Jackie’s Recipe)
2 Tbsp. Celery Salt
2 Tbsp. Garlic Powder
2 Tbsp. Chili Powder
1 Tbsp. Black Pepper
2 Tbsp. Onion Powder
2 Tbsp. Paprika
1 Tbsp. Cayenne Pepper
2 Tbsp. Dill Weed

Country Blend
Perfect for salads, soups, on steamed vegetables, and blended into butter for bread and biscuits. Spoon onto baked potatoes.
5 T. chopped fresh thyme or 5 tsp. dried
4 T. chopped fresh basil or 4 tsp. dried
4 T. chopped fresh chervil or 4 tsp. dried
4 T. chopped fresh tarragon or 4 tsp. dried
Spice Blend One
Use this mixture with meat, fish, chicken, salads, vegetables and Italian food.

- 3 tsp. dry mustard
- 1 tsp. garlic powder
- 3 tsp. onion powder
- 1 ½ tsp. white pepper

Eleven Secret Spices
- 1 T. rosemary
- 1 tsp. ground pepper
- 1 T. oregano leaves
- 1 T. paprika
- 1 T. powdered sage
- 2 T. garlic salt (use garlic powder for low sodium diets)
- 1 tsp. powdered ginger
- 2 T. onion salt (use onion powder for low sodium diets)
- 1 tsp. marjoram
- 2 T. powdered chicken bouillon or 4 cubes mashed
- 3 T. packed brown sugar
- 3 T. dry minced parsley

Place all ingredients in blender for 3-4 minutes to pulverize or rub through a fine strainer. Store in an air-tight container so it will not lose potency. Makes about ¾ cup mix. To use with flour: Add 1-oz. mix to each cup of flour. (Coating chicken, fish, etc.)

Texas Seasoning
Excellent on grilled meats, seafood, poultry and game, or vegetables. Sprinkle onto roasted baby new potatoes and toss with butter. Use in dip with sour cream or plain nonfat yogurt.

- 3 T. dried cilantro
- 2 T. dried oregano
- 4 tsp. thyme
- 2 T. chili powder
- 2 T. ground black pepper
- 2 T ground cumin
- 2 small dried chili peppers, crushed
- 1 tsp. dried garlic

Combine all ingredients in a blender and grind to desired consistency. Store in a glass jar, tightly covered, at room temperature.

Pasta Blend
Excellent tossed with pasta and a little olive oil. Stir into pasta sauces; mix with chopped carrots, garlic and tomatoes for a super stuffing for fish or flank steak.

- 5 T. dried basil
- 3 T. dried oregano
- 2 T. dried thyme
- 1 tsp. dried garlic

BBQ Blend
Perfect for fish or poultry; sprinkle onto tomatoes before roasting. Add to salad dressings made with olive oil and balsamic or red wine vinegar.

- 4 T. dried basil
- 4 T. dried rubbed sage
- 4 T. dried thyme
- 4 tsp. cracked black pepper
- 4 tsp. dried savory
- 1 tsp. dried lemon peel

In a blender, grind herbs until coarsely ground. Store in airtight container at room temperature.

Lemon Baked Chicken – salt free
Combine:

- 2 ½ lb. chicken, cut into serving pieces
- 1 tsp. oregano leaves, crushed
- ½ tsp. garlic powder
- ½ tsp. onion powder
- ¼ tsp. ground black pepper

Preheat oven to 350° F. Place chicken on a greased or sprayed rack in a baking pan. Brush all sides of chicken with lemon juice. Sprinkle all sides with spices above or other herbs of your choice. Bake until juices run clear when pierced with a sharp knife or the internal temperature reaches 170°.
**Meat Rubs** – Combine ingredients and rub into and on the meat or add a teaspoon of water or broth to moisten and then rub into meat.

**Cajun Spice Rub**
1 T. Paprika
1 tsp. onion powder
½ tsp. dried oregano
1/8 tsp. red pepper

1 tsp. garlic powder
½ tsp. dried thyme
1/8 tsp. ground black pepper

Makes 2 ½ Tbsps.

**Mexican Spice Rub**
1 T. chili powder
2 cloves garlic, minced
1/8 tsp. ground red pepper

1 T. fresh chopped cilantro
½ tsp. ground cumin
1/8 tsp. ground red pepper

Makes 2 ½ Tbsps.

**Thai Spice Rub**
2 T. chopped fresh lemongrass
2 cloves garlic minced

1 T. grated fresh ginger
1/8 tsp. ground red pepper

Makes about 3 ½ Tbsps.

**Meat Crusts**
3 T. chopped fresh parsley
1 T. chopped fresh chives
2 cloves garlic, minced
2 tsp. grated orange rind

1 T. chopped fresh thyme
2 cloves garlic, minced
Makes 5 Tbsps.

**Greek Herb Crust**
2 T. chopped fresh parsley
1 T. grated lemon rind

1 Tbsp. fresh oregano
2 cloves garlic, minced
Makes about 4 Tbsps.

**Italian Herb Crust**
3 T. chopped fresh parsley
2 cloves garlic, minced

1 ½ chopped fresh basil
2 tsp. grated lemon rind
Makes about 5 ½ Tbsps.

**Traditional Herb Crust**
2 T. chopped fresh parsley
2 cloves garlic, minced

1 ½ T. chopped fresh rosemary
Makes about 3 ½ Tbsps.

**Fruit Salsa Recipe**
1 cup chopped peeled pineapple
1 cup chopped peeled mango
1 cup chopped yellow or red bell pepper
2/3 cup chopped peeled kiwi fruit
1/2 cup finely chopped red onion.
1/4 cup finely chopped fresh cilantro
1/2 teaspoon minced Serrano chili (with seeds)

1 teaspoon fresh lime juice.
Strawberries
Apples
Pears
Ground white pepper.

Combine all ingredients in medium bowl. Season with white pepper and salt. Can be made 3 hours ahead. Makes about 4 cups. You can use any type of fruit that you like.

**Cinnamon/Sugar Chips** - Spray tortillas with oil. Sprinkle on sugar and cinnamon. Bake at 350 degrees about 5 minutes per side. Let cool and break into pieces.
Herb Baked Chicken Breasts

Delicious baked chicken breasts with a herb, lemon, and garlic marinade. This marinade can also be used for grilled or broiled chicken. Use your own combination of herbs.

**Cook Time:** 55 minutes  
**Total Time:** 55 minutes

**Ingredients:**

- 4 to 6 chicken breast halves, bone-in  
- 1/4 cup olive oil  
- 1/2 cup minced green onion  
- 2 cloves garlic, minced  
- 1 tablespoon chopped fresh rosemary, or 1 teaspoon dried rosemary  
- 1 tablespoon fresh chopped dill  
- 1/2 teaspoon dried tarragon  
- 1/2 cup fresh lemon juice  
- 1/8 teaspoon coarsely ground black pepper, to taste  
- Grated zest of one lemon

**Preparation:**

Wash chicken; transfer to a large resealable plastic food storage bag. Combine marinade ingredients and pour over chicken. Turn bag to coat chicken pieces well. Refrigerate and marinate for 2 to 4 hours, turning occasionally.

Remove chicken from marinade and drain well; put the reserved marinade in a saucepan. Arrange chicken on a rack in a foil lined baking dish or roaster. Bake at 400°F for 35 minutes. Meanwhile, bring the marinade to a boil; continue boiling over medium heat for 5 minutes. Turn and brush with the marinade and bake for about 20 to 30 minutes longer, basting several times before the chicken is done. Chicken should be browned and juices will run clear when pierced with a fork. Serves 4 to 6.