## THE WHOLE U
### UNIVERSITY *of* WASHINGTON

# 8 Herb & Spice Blends

## Cajun Spice Blend

| 1 tbsp paprika | 2 tsp ground black pepper | 1 tsp garlic powder | 1 tsp onion powder | 1 tsp dried thyme | ½ tsp cayenne pepper (optional) |

Great on chicken, fish, shrimp, cauliflower and baked sweet potatoes.

## Greek Seasoning

| 1 tsp garlic powder | 1 tsp onion powder | 1 tsp dried oregano | 1 tsp dried lemon peel (Lemon zest) | ½ tsp ground black pepper |

Great as a rub for roasted leg of lamb, pork, beef roasts, and potatoes. Also great as a salad dressing or marinade (mix 2 tablespoons with 1/2 cup oil and vinegar dressing).

## Thai Spice Blend

| 1 tsp chile powder | 1 tsp ground cardamom | 1 tsp ground coriander | 1 tsp ground ginger | 1 tsp lemongrass powder |

Great on fish and sautéed vegetables.

## Mexican Spice Blend

| 2 tsp chile powder | 1 ½ tsp ground cumin | ½ tsp garlic powder | ½ tsp onion powder | ½ tsp sweet paprika | ¼ tsp ground oregano | ¼ tsp cayenne pepper |

Great on ground beef or chicken in tacos, or steak and salmon.

# Moroccan Spice Blend

| ½ tsp ground coriander seeds | ½ tsp ground ginger | ½ tsp turmeric | ½ tsp ground cinnamon | ¼ tsp ground black pepper | ¼ tsp cayenne pepper |

Great in stews and tajines, chicken, and vegetables (like eggplant).

# Tandoori  Spice Blend

| 2 tsp sweet paprika | 1 tsp ground coriander | 1 tsp cumin | 1 tsp ground ginger | ½ tsp cardamom | ½ tsp garlic powder | ¼ tsp cayenne pepper |

Great as a rub for meats before grilling, or on pita wedges before baking.

# Poultry Seasoning

| 1 tsp ground marjoram | 1 tsp ground sage | 1 tsp ground thyme | ¼ tsp crushed celery seed | ¼ tsp ground rosemary | ¼ tsp ground black pepper |

Great on turkey, chicken, roasted veggies, veggie burgers, and soups.

# Beef Seasoning

| 1 tbsp black pepper | 1 tsp white sugar | 1 ½ tsp onion powder | ½ tsp dry mustard | 1 tsp garlic powder | ½ tsp ancho chili powder | ½ tsp chipotle powder |

Great on beef ribs, steaks, prime rib, and roasts.