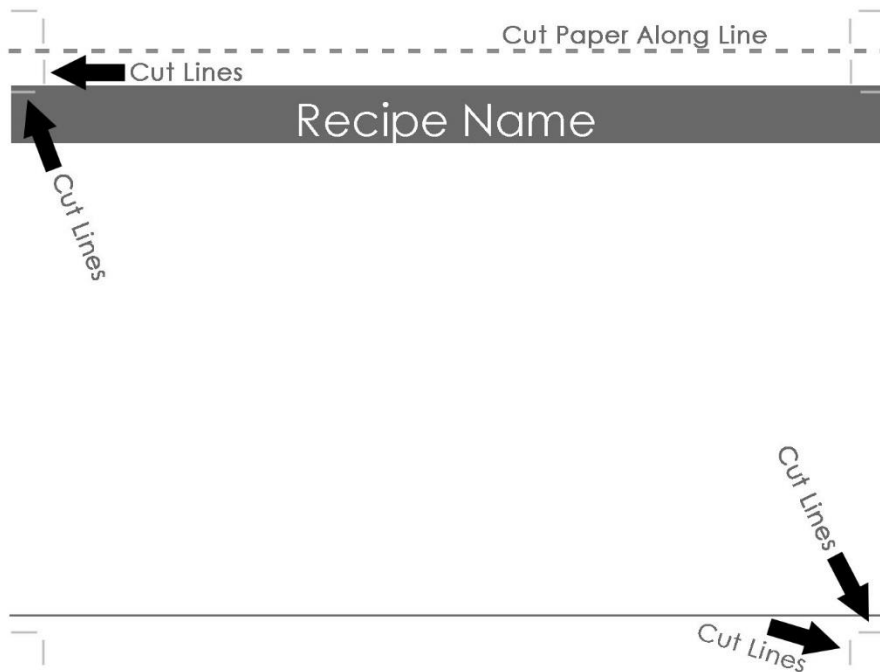




## Sides & Seasoning Recipes

- Print onto 8.5" x 11" heavy-weight paper. We recommend card stock, but feel free to play around with different card stocks & paper types. Prints 2 cards per page.
- Cut in between the two recipes (see below), separating them.
- Trim along the cut lines (see below) using a guillotine, sharp scissors or scalpel.
- ENJOY!!!



# Balsamic Chard



8 c fresh chard (any variety)  
2 medium tomatoes, chopped  
4 Tbl balsamic vinegar  
black pepper (to taste)

- Wash the chard thoroughly.
  - Remove the stems and chop into 1" pieces (this is only necessary if the stems aren't tender). Set aside.
  - Stack the leaves and roll them into a scroll. Using a sharp knife, cut across each scroll so that you have 1" wide ribbons of chard leaves.
  - In a large skillet over medium heat, sauté the tomatoes and chard stems until they reach the desired consistency. Approximately 5 - 15 minutes.
  - Add chard leaves one hand full at a time, stirring after each addition. After all of the leaves have been added, add the vinegar and water, if needed.
  - Cover and steam until they reach their desired doneness. Approximately 5 - 15 minutes.
  - Check occasionally to be sure there is enough water in the pan.
  - Before serving, season with pepper and stir to combine.
  - Divide into 4 portions and refrigerate until ready to use. Best served warm.
- ∞ Note: Cooking time for the chard and tomatoes depends on how tough the greens are. Smaller, younger leaves and stems will be more tender, so adjust your cooking time accordingly.

sides

1 veggie per serving - Servings: 4

# Guiltless Potato Wedges



1 small organic red potato (3" long)  
1 egg white, lightly beaten  
sodium-free seasoning mix (to taste)  
black pepper (to taste)

- Bake potato in microwave on high until tender (about 3 to 4 minutes).
- Slice the potato into wedges, leaving the skin on.
- Place them skin-side down on a nonstick cookie sheet. Parchment paper may be used if necessary.
- Brush the meat of the potato with the egg white. It is not necessary to use all of the white but you do want to make sure each part is covered.
- Sprinkle with any sodium-free seasoning mix, herb, or spice that you desire. This is the time to be adventurous...so let your imagination take over!
- Broil in the oven about 10 minutes or until golden brown.
- Serve along side any of your favorite proteins.

sides

1 carb per serving

## Italian Tomato Broil



1 medium tomato, cut in half  
2 teaspoons fat free grated parmesan  
dash mixed Italian herbs  
butter spray (5 squirts)

- Spritz tomato halves with butter spray.
- Sprinkle 1 teaspoon parmesan on each tomato half, then top with Italian herbs.
- Broil in oven or toaster oven about 6 inches from heat until top is nicely browned.
- ENJOY!!!

*sides*

*1 veggie per serving*

## Lemon-Kissed Asparagus



1/3 lb fresh asparagus  
1 Tbl fresh lemon juice  
1 Tbl fresh lemon zest  
black pepper (to taste)

- Rinse asparagus & break off any tough, white bottoms.
- Cut into 1-2 inch sections, slicing the asparagus at a slight diagonal.
- Fill medium sized pan half way with water and bring to a boil.
- Add the asparagus and reduce heat slightly to a simmer.
- Parboil the asparagus for exactly 2 minutes.
- Drain hot water.
- While asparagus is still hot, measure out 1 cup and toss them in a bowl with the lemon juice and zest and add pepper to taste.
- Serve warm or at room temperature.

*sides*

*1 veggie per serving*

## "No Cheat" Steak Fries



*1 small organic potato, cut into wedges  
5 squirts butter spray \*  
paprika, garlic powder, dill, or any sodium-free seasoning (to taste)*

- Preheat oven to 450°.
- Par-boil potatoes for about 2 minutes (so they are only partially cooked).
- Place potatoes on a non-stick baking sheet; spritz with butter spray and sprinkle with seasoning.
- Bake about 10-15 minutes, or until lightly browned.

\* **Note:** 5 squirts "fat free" butter spray = 1 gram of fat.

sides

1 veggie per serving

## Zesty Grilled Squash



*1 ½ cups yellow and green squash, sliced in circles or lengthwise  
fat free balsamic vinaigrette  
Mrs. Dash® sodium-free seasoning, to taste*

- Place squash and dressing in a lidded bowl.
- Shake thoroughly to coat squash, then refrigerate for at least 1 hour.
- Preheat outdoor or indoor grill.
- Drain marinade and place squash on grill.
- Sprinkle with Mrs. Dash® and cook until crispy-tender, turning once.
- ENJOY!!!

sides

1 veggie per serving

# Salt-Free Seasoning Mixes



## Adobo Seasoning

*1½ tsp black pepper*  
*1 tbsp dried oregano*  
*1 tbsp onion powder*

*1 tbsp garlic powder*  
*1 tbsp cumin*  
*1 tbsp turmeric*

- In a small bowl, stir all of the ingredients until evenly mixed.
- Place in an air tight jar with a shaker top.
- Sprinkle on anything you desire.

## All-Purpose Seasoning

*3 tbsp onion powder*  
*1 tbsp paprika*  
*½ tsp pepper*  
*1 tsp ground coriander*

*1 tbsp garlic powder*  
*1 tsp dry basil*  
*½ tsp celery seed*  
*1 dash nutmeg*

- Combine well in a small jar with a shaker top.
- Sprinkle on anything you desire.

♦ Any of the ingredients may be removed or amounts may be adjusted to suit your taste.

seasoning

# Salt-Free Seasoning Mixes



## Cajun Seasoning

*1 tbsp chili powder*  
*1 tsp onion powder*  
*1 tbsp paprika*  
*½ tsp cayenne pepper*

*1 tsp garlic powder*  
*½ tsp dried oregano*  
*½ tsp black pepper*  
*½ tsp thyme*

- In a small bowl, stir all of the ingredients until evenly mixed.
- Place in an air tight jar with a shaker top.
- Sprinkle on anything you desire.

## Greek Seasoning

*1 tsp basil*  
*½ tsp cinnamon*  
*½ tsp nutmeg*  
*2 tsp dried oregano*  
*½ tsp thyme*

*1 tsp black pepper*  
*1½ tsp garlic powder*  
*1½ tsp onion powder*  
*1 tsp parsley*

- In a small bowl, stir all of the ingredients.
- Place in a small jar with a shaker top.
- Sprinkle on anything you desire.

♦ Any of the ingredients may be removed or amounts may be adjusted to suit your taste.

seasoning

# Salt-Free Seasoning Mixes



## Old-Bay Style

1 Tbl ground bay leaves\*  
2 tsp sweet or smoked paprika  
1 ½ tsp ground mustard seeds  
½ tsp ground ginger  
1/8 tsp cayenne pepper  
1/8 tsp ground cardamom  
1/8 tsp ground allspice

2 tsp celery seeds  
2 tsp dried parsley  
½ tsp ground nutmeg  
¼ tsp black pepper  
1/8 tsp white pepper  
1/8 tsp ground cloves

- \*To grind your own bay leaves: Take 10 dried leaves & grind them in a coffee grinder (just for spices) until they are in fine pieces.  
>If you have pre-ground bay leaves you can skip this step.<
- Blend all the spices in a small bowl; Return them to the coffee grinder or mini chopper and pulse about 3 times to mix and crush the larger spices.
- Store in a sealed container in a cool, dry place.
- Sprinkle on anything you desire.

◆ Any of the ingredients may be removed or amounts may be adjusted to suit your taste.

seasoning

# Salt-Free Seasoning Mixes



## Poultry Seasoning

3 tbsp onion powder  
1 tbsp paprika  
½ tsp pepper  
1 tsp ground coriander

1 tbsp garlic powder  
1 tsp dry basil  
½ tsp celery seed  
1 dash nutmeg

- Combine well in a small shaker top jar.
- Sprinkle on anything you desire.

## Seasoning Blend

1 tsp dry mustard  
½ tsp dried thyme  
½ tsp garlic powder  
½ tsp pepper  
¼ tsp onion powder  
1/8 tsp dill

2¼ tsp paprika  
½ tsp marjoram  
½ tsp celery seed, crushed  
½ tsp oregano  
¼ tsp curry powder

- Combine in a small food processor, coffee grinder (spices only), or mortar and pestle.
- Process until finely crushed and well blended.
- Place in a small jar with a shaker top and sprinkle on anything you desire.

◆ Any of the ingredients may be removed or amounts may be adjusted to suit your taste.

seasoning

# Salt-Free Seasoning Mixes



## Seasoning Mix

1 tsp dried basil  
1 tsp parsley flakes  
1 tsp savory  
1 tsp onion powder  
1 tsp ground mace  
1/8 tsp cayenne

1 tsp marjoram  
1 tsp thyme  
1 tsp garlic powder  
1 tsp rubbed sage  
1 tsp pepper

- In a small bowl, crush the basil, marjoram, parsley, thyme and savory. Stir in the remaining ingredients.
- Place in a small jar with a shaker top.
- Sprinkle on anything you desire.

## Taco Seasoning

6 tsp chili powder  
4 1/2 tsp cumin  
2 1/2 tsp garlic powder

5 tsp paprika  
3 tsp onion powder

- Combine well in a small jar with a lid.
- 7 tsp = 1.25 oz pkg of taco seasoning. 1 batch = 3 pkgs
- Purchase the snack size zip top bags and put 7 tsp in each bag
- When you're making the taco meat, you would grab 1 zip-top bag.

♦ Any of the ingredients may be removed or amounts may be adjusted to suit your taste.

seasoning