Daily Dining Dilemmas



TIPS FOR MINDFUL EATING IN THE MIDST OF TODAY'S CHAOS

Taco Seasoning Blend

Great for tacos, enchiladas, soup

1½ tsp. parsley, dried
½ tsp. garlic powder
½ tsp. onion powder
1 tsp. oregano, dried
1 tsp. black pepper
1 Tbsp. chili powder
1 tsp. paprika
1½ tsp. cumin
Add 1-2 Tablespoons per I pound

of meat for tacos.

Ranch Seasoning Blend

Great dip, on stuffed bell peppers, pasta, or toasted garlic bread

2 Tbsp. onion powder

2 Tbsp. onion flakes

2 Tbsp. parsley, dried

1 Tbsp. garlic powder

1 Tbsp. dill weed, dried

1/4 tsp. thyme, dried 2 tsp. pepper

2 Tablespoons added to 11/4 cup sour cream or yogurt for dip.

Source: North Dakota State Extension Service
"Do It yourself Spices" by T. Dillion & J. Garden-Robinson
https://www.ag.ndsu.edu/publications/food-nutrition/do-it-yourself-spice-mixes

Adapted by Felice Acker, Family & Community Health Agent, Castro County

Italian Spice Blend

Great in yogurt as a dip, or in pasta sauce, on chicken or popcorn

2 Tbsp. basil, dried 2 Tbsp. oregano, dried 1 Tbsp. thyme, dried

1 Tbsp. rosemary, dried 1 Tbsp. garlic powder

1/4 tsp. onion powder

Start with I tablespoon and adjust to your flavor level.



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