

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 1 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
¼ tsp. thyme, dried
2 tsp. pepper

**2 Tablespoons added to 1 1/4 cup
sour cream or yogurt for dip.**

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
¼ tsp. onion powder

**Start with 1 tablespoon and
adjust to your flavor level.**

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>

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