

Using Herbs and Spices In Place of Salt

Are you trying to find ways to reduce your salt when cooking? Try the below herbs and spices in place of salt to add a flair of flavor to your meal with less sodium! The list below shows common meats and veggies with the herbs or spices that complement them the best. Choose one herb or spice or a combination. Let your taste be your guide!

For meat, poultry, and fish, try these flavorings, spices, and herbs to add flavor instead of salt.

- **Beef** – Bay leaf, marjoram, nutmeg, onion, pepper, sage, thyme
- **Lamb** – Curry powder, garlic, rosemary, mint
- **Pork** – Garlic, onion, sage, pepper, oregano
- **Veal** – Bay leaf, curry powder, ginger, marjoram, oregano
- **Chicken** – Ginger, marjoram, oregano, paprika, poultry seasoning, rosemary, sage, tarragon, thyme
- **Fish** – Curry powder, dill, dry mustard, lemon juice, marjoram, paprika, pepper

For vegetables, try these flavorings, spices, and herbs to add flavor instead of salt.

- **Carrots** – Cinnamon, cloves, marjoram, nutmeg, rosemary, sage
- **Corn** – Cumin, curry powder, onion, paprika, parsley
- **Green Beans** – Dill, curry powder, lemon juice, marjoram, oregano, tarragon, thyme
- **Greens** – Onion, Pepper
- **Peas** – Ginger, marjoram, onion, parsley, sage
- **Potatoes** – Dill, garlic, onion, paprika, parsley, sage
- **Summer Squash** – Cloves, curry powder, marjoram, nutmeg, rosemary, sage
- **Winter Squash** – Cinnamon, ginger, nutmeg, onion
- **Tomatoes** – Basil, bay leaf, dill, marjoram, onion, oregano, parsley, pepper

