



Seasoning with herbs, spices, and vinegars is a healthy way to enjoy great taste without salt.

Want to make a low-sodium diet enjoyable? Seasoning with herbs, spices, and vinegars is a healthy way to enjoy great taste without salt. Experiment, taste, and let your taste buds be your guide.

Almost all spices, herbs, and vinegars are low in sodium or are used in such tiny amounts that they don't add a significant amount of salt to your food.

Strength of herbs

Strong or dominant flavors: These should be used with care since their flavors stand out. Use approximately one teaspoon for six servings. They include bay, cardamom, curry, ginger, mustard, pepper (black), rosemary, and sage.

Medium flavors: A moderate amount of these is recommended, one to two teaspoons for six servings. They include basil, celery seed and leaves, cumin, dill, fennel, tarragon, garlic, marjoram, mint, oregano, savory, thyme, and turmeric.

Delicate flavors: These may be used in large quantities and combine well with most other herbs and spices. This group includes chervil, chives, parsley, and burnet.

Herbs and wine vinegar

Wine vinegars: These are excellent flavor boosters. Try them as a seasoning for vegetables such as cabbage, green beans, cauliflower, and broccoli. A dash will do wonders for steaks, chops, and fish. Also excellent in homemade salad dressings.

Herb vinegars: Heat vinegar in an enamel pan, then pour it into a vinegar bottle and add one or several culinary herbs (to taste). Any type of vinegar may be used, depending on personal preference. Do not let the vinegar boil. Let the mixture rest for two weeks before using.

Herb blends to replace salt

Many salt-free seasoning mixtures are available in your supermarket. It's also very simple to make your own, using the recipes provided on the back of this page. These can be placed in shakers and used instead of salt. Store in air-tight glass containers. Label well. Add some uncooked rice grains to prevent caking.

What goes with what

- | | |
|-----------------|---|
| Soup: | Bay leaf, chervil, tarragon, marjoram, parsley, savory, rosemary. |
| Poultry: | Garlic, oregano, rosemary, savory, sage. |
| Beef: | Bay leaf, chives, cloves, cumin, garlic, hot pepper, marjoram, rosemary, savory. |
| Lamb: | Garlic, marjoram, oregano, rosemary, thyme.
(Before roasting, make little slits in lamb and insert herbs.) |
| Pork: | Coriander, cumin, garlic, ginger, hot pepper, pepper, sage, savory, thyme. |

SALTLESS SURPRISE

- 2 tsp. garlic powder
- 1 tsp. basil
- 1 tsp. oregano
- 1 tsp. powdered lemon rind or dehydrated lemon juice

Put the ingredients into a blender and mix well.

PUNGENT SALT SUBSTITUTE

- 3 tsp. basil
- 2 tsp. savory (summer savory is best)
- 2 tsp. ground cumin seed
- 2 tsp. celery seed
- 2 tsp. sage
- 2 tsp. marjoram
- 1 tsp. lemon thyme

Mix well and then crush to a fine powder with a mortar and pestle.

SPICY SALTLESS SEASONING

- 1 tsp. pepper
- 2 tsp. paprika
- 1 Tbsp. rosemary

Mix ingredients in a blender.

The above recipes use *dried* herbs. If you use fresh herbs, more will be needed; adjust quantities to taste.

Cheese: basil, chervil, chives, curry, dill, fennel, garlic chives, marjoram, oregano, parsley, sage, thyme.

Fish: chervil, dill, fennel, tarragon, garlic, parsley, thyme.

Fruit: anise, cinnamon, coriander, cloves, ginger, mint.

Bread: caraway, marjoram, oregano, poppy seed, rosemary, thyme.

Vegetables: basil, chervil, chives, dill, tarragon, marjoram, mint, parsley, pepper, thyme.

Salads: basil, chives, tarragon, garlic chives, parsley, sorrel. (These are best used fresh or added to salad dressing. Otherwise, use herb vinegars for extra flavor.)

Herb combinations

Herbs can be combined to enhance specific foods. Having the combinations on hand will speed cooking and boost your reputation as a gourmet. They can be added loosely or wrapped in cheesecloth and removed before serving. Try the following herb combinations for:

Eggs
basil, dill, parsley

Fish
basil, bay leaf (crumbled), tarragon, lemon, thyme, parsley

Poultry
marjoram (two parts), sage (three parts)

Salads
basil, parsley, tarragon

Tomato sauce
basil, bay leaf, marjoram, oregano, parsley

Vegetables
basil, parsley, savory

Italian seasoning
basil, marjoram, oregano, rosemary, sage, savory, thyme

Barbeque seasoning
cumin, garlic, hot pepper, oregano

French herbal combinations

Fine Herbs: Parsley, chervil, chives, tarragon (sometimes adding a small amount of basil, fennel, oregano, sage, or saffron).

Bouquet Garni Mixtures: Bay, parsley (two parts), thyme. The herbs may be wrapped in cheesecloth. Or you can wrap fresh parsley around fresh thyme and bay leaf.

Other resources

- Connect to our Web site at kp.org to access health and drug encyclopedias, interactive programs, health classes, and more.
- Check your *Kaiser Permanente Healthwise Handbook*.
- Contact your local Kaiser Permanente Health Education Center or Department for health information, programs, and other resources.

This information is not intended to diagnose or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor.