

June 2006 Recipe of the Month: Herbal Rubs

With summer upon us, here are some herbal rubs that will help flavor your foods as you grill. These rubs do not have any salt and make them very heart healthy. Most of these herbs will be in your pantry. Of course you may use fresh herbs however these recipes are using the dried amount.

Store leftovers in dark, airtight containers in a cool, dry, dark place. Heat, light, and exposure to air destroy the flavor of dried herbs and spices. Enjoy using these rubs and enjoy your cookouts!

POULTRY SEASONING

2 teaspoons dried marjoram	½ teaspoon dried sage	2 teaspoons onion powder
½ teaspoon dried savory	1 teaspoon dried thyme	½ teaspoon freshly ground black pepper

Makes about 2 tablespoons

BEEF SEASONING

2 teaspoons dried parsley	2 teaspoons onion powder	2 teaspoons garlic powder
2 teaspoons freshly ground black pepper		

Makes about 2 ½ tablespoons

ITALIAN HERB SEASONING

1 tablespoon dried oregano	1 tablespoon dried basil	1 teaspoon dried thyme
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Makes about 2 tablespoons

VEGETABLE SEASONING

1 teaspoon dried basil	1 teaspoon dried parsley	1 teaspoon dried chervil
½ teaspoon dried savory	1 teaspoon dried chives	½ teaspoon dried thyme
1 teaspoon dried marjoram		

Makes about 2 ½ tablespoons

CURRY POWDER

3 ½ teaspoons coriander seeds	½ teaspoon dry mustard	2 ½ teaspoons turmeric
½ teaspoon allspice berries	1 teaspoon cumin seeds	¼ teaspoon crushed red pepper flakes
1 teaspoon fenugreek seeds	½ teaspoon ground ginger	½ teaspoon black peppercorns

Makes about 3 tablespoons

CAJUN SPICE

2 teaspoons paprika	1 teaspoon dried thyme	2 teaspoons freshly ground black pepper
1 teaspoon dried oregano	1 ½ teaspoons garlic powder	1 teaspoon onion powder
1 teaspoon crushed red pepper flakes		¼ teaspoon dry mustard

Makes about 3 tablespoons

CHILI POWDER

1 tablespoon ground cumin	½ teaspoon ground red pepper	1 teaspoon dried oregano
½ teaspoon paprika	1 teaspoon garlic powder	¼ teaspoon ground allspice
1 teaspoon onion powder		

Makes about 2 ½ tablespoons

Herbal rubs taken from *Dr. Shapiro's Picture Perfect Weight Loss Cookbook*.

Your Partners in Health,
Laura and Candace