

RECIPES

Taco/Fajita Seasoning

INGREDIENTS

- 1 tbsp chili powder
- 1 tsp ground cumin
- 1 tsp garlic powder
- 1/2 tsp paprika
- 1/2 tsp oregano
- 1/2 tsp salt
- 1/4 tsp black pepper

DIRECTIONS

- Mix all the spices together in a bowl. Use immediately or store in an airtight container.
- Many store bought taco seasoning packets contain dairy, gluten, starches, sugar, excess sodium

HOME MADE DRESSINGS

~MIX AND SHAKE~

Oil Pick 1 - (1/2 cup)	Acid Pick 1 - (1/4 cup)	Flavoring Add 3/4 tsp salt and/or any of these:	<u>Aromatic</u>
Avocado Canola Corn EVOO Grapeseed Hazelnut Peanut Sunflower Walnut	Balsamic vinegar Champagne vinegar Cider vinegar Lemon juice Orange juice Red wine vinegar Rice vinegar Sherry vinegar Ume vinegar White vinegar White wine vinegar	1 Tbsp minced herbs 1 tsp anchovy paste 1 tsp fish sauce 1tsp honey 1 tsp hot sauce 1 tsp citrus zest 1 tsp maple syrup 1 tsp mustard 1 tsp sambal oelek 1 tsp sesame oil 1 tsp low sodium soy sauce or tamari 1 tsp Worcestershire 1 tsp lightly toasted whole spices 1/2 tsp ground spices	2 tsp sliced chives 2 tsp minced garlic 2 tsp minced onion 2 tsp minced ramps 2 tsp sliced scallion 2tsp minced shallot 1 tsp minced garlic 1/8 tsp garlic powder 1/8 tsp onion powder