

Low Sodium Spicy Ideas

- Salt is America's favorite flavor enhancer. A fine flavor balance can be achieved using herbs and spices with minimal or no added salt!
- Herbs can be used in dry or fresh form. Start with a small amount, especially if you're using dried herbs.
- When substituting fresh for dry herbs, increase the amount by 1/3 to 1/2.
- The information in this handout is useful in guiding you to some exciting new flavor horizons.
- Following each herb or spice, we offer suggestions of the foods they enhance or compliment.

Allspice	Tomato sauce, eggplant, parsnips, spinach, squash, turnips, cabbage, cottage cheese, fruits, fruitcake, tapioca pudding, egg/egg substitute dishes, quick breads, muffins, coffee cakes, cranberry sauce, fish, ham, meat loaf, meatballs
Basil	Tomato sauce, tomatoes, zucchini, asparagus, wax beans, pasta, salad dressings, fruit compotes, egg/egg substitute dishes, fish, chicken, beef, lamb, pork
Bay Leaf	Tomato sauce, vegetables, legumes, soups, stews, beef, veal
Caraway	Soups, breads, cabbage, beets, noodles, meats
Chives	Salads, egg/egg substitute dishes, soups, meats, potato dishes
Cider Vinegar	Salads, vegetables, sauces
Cilantro	Salsa, pasta, dips, Mexican, Indian, Middle Eastern, Chinese, and Moroccan dishes
Cinnamon	Fruits, rice pudding, hot cereals, biscuits, coffee cake, quick breads, muffins, cookies, oatmeal, coffee, stews, carrots, onions, spinach, squash, sweet potatoes, pork

Cloves	Soups, tomato sauces, beets, carrots, onion, squash, sweet potatoes, rice, fruit salads, applesauce, apple cider, gingerbread, pears, coffee cakes, sweet rolls, baked fish, roast chicken, pork, ham
Dill	Soups, salads, vegetables, fish, chicken, lamb stew
Garlic	Soups, salads, vegetables, legumes, pasta, bread, fish, chicken, beef, veal, lamb, pork
Ginger	Fish, chicken, beef, quick breads, cookies, soups, beets, carrots, squash, sweet potatoes, salad dressings, grapefruit, pears
Lemon Juice	Salads, vegetables, fruit, hummus, beverages, legumes, fish, chicken, beef, veal
Mint	Fruit, salads, salad dressings, soups, carrots, lamb, marinade
Marjoram	Egg/egg substitute dishes, soups, eggplant, potatoes, zucchini, salad dressings, fruit, fish, chicken, turkey, beef, hamburger, lamb, pork, veal
Mustard (dry):	Chicken, beef, lamb, ham, potatoes, salad dressings, eggs/egg substitute dishes
Nutmeg	Fruit pies, coffee cake, sweet rolls, cookies, breads, apple cider, stews, mushroom sauce, beans, carrots, corn, cauliflower, onions, sweet salad dressings, fish, meatballs, meat loaf, pot roasts
Onion	Soups, stews, vegetables, pizza, salads, salad dressings, sauces, fish, poultry, beef, lamb, veal, pork
Oregano	Soups, stews, tomato sauce, tomatoes, pizza, pasta, mushroom sauce, mushrooms, onions, broccoli, cabbage, fish, chicken, hamburgers, beef, veal
Paprika	Soups, potatoes, salad dressings, poultry, beef, veal, fish
Parsley	Soups, stews, vegetables, salads, salad dressings, fish, chicken, beef, veal, lamb
Pepper (black)	Soups, stews, chili, cauliflower, corn, lima beans, onions, peas, cottage cheese, potato salad, biscuits, French bread, egg/egg substitute dishes, fish, poultry, hamburgers, meat loaf

Pepper (white)	Soups, sauces, egg/egg substitute dishes, vegetables, salads, salad dressings, fish, meats
Rosemary	Soups, stews, vegetables, pasta, breads, lamb, poultry
Sage	Soups, stews, vegetables, legumes, salad dressings, biscuits, corn bread, fish, chicken, poultry, beef, veal, lamb, pork
Tarragon	Soups, egg/egg substitute dishes, tuna, seafood, sauces, chicken, lamb, blended with mayonnaise, mixed with vinegar
Thyme	Soups, stews, sauces, vegetable dishes, cottage cheese, biscuits, corn bread, tuna, chicken, poultry stuffing, beef, lamb, pork

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