



## Healthy Living at Hannaford

Create your own herb and spice blends - a burst of flavor but none of the salt!

### Italian Seasoning:

Great for all pasta dishes, soups, or tossed salads!

- 3 Tbsp. McCormick® dried oregano
- 3 Tbsp. McCormick® dried basil leaves
- 2 Tbsp. McCormick® dried marjoram
- 1 tsp. McCormick® dried thyme
- 1 Tbsp. McCormick® garlic powder

Mix ingredients together and store in airtight container at room temperature until ready for use in Italian recipes. Season pasta dishes about 10 minutes before done, adding one teaspoon of Italian seasoning for every four servings of pasta.

### Veggie or Rice Seasoning:

Try with your next side dish of vegetables, rice pilaf, or even stuffing.

- 1 Tbsp. McCormick® oregano
- 1 tsp. McCormick® ground sage
- 1 tsp. McCormick® dried rosemary
- 2 tsp. McCormick® onion powder
- 1 tsp. McCormick® garlic powder

Mix ingredients together and store in airtight container at room temperature until ready for use. Use about one teaspoon per four servings.

Adapted from Food and Health Communications

### Stir-Fry Mix:

- 1 Tbsp. McCormick® ground ginger
- 2 Tbsp. McCormick® garlic powder
- 1 tsp. McCormick® red pepper flakes
- Generous pinch of McCormick® ground cloves

Mix ingredients together and store in airtight container at room temperature until ready for use.

### Chili Mix:

Great sprinkled on baked potatoes or used in dips, chili, or red sauces.

- 1 Tbsp. McCormick® ground red chili powder
- 1 Tbsp. McCormick® garlic powder
- 1 Tbsp. McCormick® cumin
- 1 Tbsp. McCormick® dried oregano

Mix ingredients together and store in airtight container at room temperature. Use about one teaspoon per six servings.



### Interested in learning more?

Our registered dietitians hold classes, have on-the-sales-floor nutrition demonstrations and do healthy store tours. They can give you the information you need to make the healthy life style changes you want.

You can also email a private message to our staff registered dietitian, for free nutrition advice at [hannaford.com/asknutritionist](http://hannaford.com/asknutritionist).