

Toppings ^A_D Salad Dressings



Chili and Spice Seasoning

1/4 C	paprika
2 Tbsp	dried oregano, crushed
2 tsp	chili powder
1 tsp	garlic powder
1 tsp	black pepper
1/2 tsp	red (cayenne) pepper
1/2 tsp	dry mustard

This spicy seasoning will heat up your catfish stew—and other dishes too.

Mix together all ingredients. Store in airtight container.

Yield: 1/3 cup

Serving size: 1 tablespoon

Each serving provides:

Calories: 26

Total fat: 1 g

Saturated fat: 0 g

Cholesterol: 0 mg

Sodium: 13 mg

Total fiber: 2 g

Protein: 1 g

Carbohydrates: 5 g

Potassium: 180 mg

Fresh Salsa

6	tomatoes, preferably Roma (or 3 large tomatoes)
1/2	medium onion, finely chopped
1 clove	garlic, finely minced
2	jalapeño peppers, finely chopped
3 Tbsp	cilantro, chopped
to taste	fresh lime juice
1/8 tsp	oregano, finely crushed
1/8 tsp	salt
1/8 tsp	pepper
1/2	avocado, diced (black skin)

1. Combine all ingredients in glass bowl.
2. Serve immediately or refrigerate and serve within 4–5 hours.

Fresh herbs add plenty of flavor to this salsa—so you use less salt.

Yield: 8 servings

Serving size: 1/2 cup

Each serving provides:

Calories: 42

Total fat: 2 g

Saturated fat: less than 1 g

Cholesterol: 0 mg

Sodium: 44 mg

Total fiber: 2 g

Protein: 1 g

Carbohydrates: 7 g

Potassium : 337 mg



Hot 'N Spicy Seasoning

1 ¹ / ₂ tsp	white pepper
1/2 tsp	cayenne pepper
1/2 tsp	black pepper
1 tsp	onion powder
1 ¹ / ₄ tsp	garlic powder
1 Tbsp	basil, dried
1 ¹ / ₂ tsp	thyme, dried

Spices can make the ordinary extraordinary. Here's a great all-purpose spice mix.

► SERVING TIP

Try this mix with meat, poultry, fish, or vegetable dishes. Use it instead of salt—even in the salt shaker.

Mix all ingredients together. Store in an airtight container.

Yield: 1/3 cup

Serving Size: 1/2 teaspoon

Each serving provides:

Calories: 1

Total fat: 1 g

Saturated fat: 0 g

Cholesterol: 0 mg

Sodium: 0 mg

Total fiber: 0 g

Protein: 0 g

Carbohydrates: less than 1 g

Potassium: 4 mg

Vinaigrette Salad Dressing

Try this recipe to dress up a salad for a special meal.

1 bulb	garlic, separated into cloves, peeled
1/2 C	water
1 Tbsp	red wine vinegar
1/4 tsp	honey
1 Tbsp	virgin olive oil
1/2 tsp	black pepper

1. Place garlic cloves into small saucepan and pour in enough water (about 1/2 cup) to cover them.
2. Bring water to boil, then reduce heat and simmer until garlic is tender (about 15 minutes).
3. Reduce liquid to 2 tablespoons and increase heat for 3 minutes.
4. Pour contents into small sieve over bowl. With wooden spoon, mash garlic through sieve.
5. Whisk vinegar into garlic mixture, then mix in oil and seasoning.



Yield: 4 servings

Serving size:
2 tablespoons

Each serving provides:

Calories: 33

Total fat: 3 g

Saturated fat: 1 g

Cholesterol: 0 mg

Sodium: 0 mg

Total fiber: 0 g

Protein: 0 g

Carbohydrates: 1 g

Potassium: 9 mg

Yogurt Salad Dressing

8 oz	fat free plain yogurt
1/4 C	fat free mayonnaise
2 Tbsp	chives, dried
2 Tbsp	dill, dried
2 Tbsp	lemon juice

Mix all ingredients in bowl and refrigerate.

So easy—
so healthy—
so good.
Try it!

Yield: 8 servings

**Serving size:
2 tablespoons**

Each serving provides:

Calories: 23

Total fat: 0 g

Saturated fat: 0 g

Cholesterol: 1 mg

Total fiber: 0 g

Sodium: 84 mg

Protein: 2 g

Carbohydrates: 4 g

Potassium: 104 mg