



SALT-FREE SEASONINGS



How To Use CHOOSE HOMEMADE Recipe Icons



1 FOR 1

Meets the 1 for 1 standard! Contains 1 mg of sodium per every 1 calorie or less; a helpful way to consume less sodium.



QUICK PREP

No more than two chopped items & 15 minutes of preparation time.



FAMILY FAVORITE

Traditional family favorites that everyone will enjoy together.



NEW FLAVORS

Feature unique ingredients or seasonings. Quick, fresh & flavorful!



KID FRIENDLY

Quick, simple & easy to prepare - perfect for kids!



30 MINUTES OR LESS

Less than 30 minutes total, including both prep & cook time.



ZESTY

A bit spicy, great for adding a bit of a kick to your palate.



EASY CLEANUP

No more than one dish for preparation & one dish for cooking.



PARTY PERFECT

Perfect to share with a group of family & friends at your next gathering.



RECIPE VIDEO

Find a helpful one-minute cooking video for this recipe at choosehomemade.org

MATCH 1 for 1

mg sodium calorie

GOOD!

BAD!

Nutrition Facts	
12 servings per container	
Serving size	(55g)
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 8mg	3%
Sodium 90mg	4%
Total Carbohydrate 37g	13%

Nutrition Facts	
12 servings per container	
Serving size	(55g)
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 8mg	3%
Sodium 270mg	12%
Total Carbohydrate 37g	13%

Strive for
less than
2300mg
of sodium
per day

Look for recipes!

SEASONINGS

Homemade Taco Seasoning



- 1 Tbsp chili powder
- 1/2 tsp chipotle pepper powder
- 1 tsp cumin
- 1 tsp garlic powder
- 1 tsp onion powder
- 1/2 tsp dried cilantro
- 1 tsp black pepper

Homemade Italian Sausage Seasoning



- 1 Tbsp onion powder
- 1 Tbsp garlic powder
- 1 Tbsp dried parsley
- 1 tsp crushed red pepper flakes
- 2 tsp Italian seasoning
- 1 tsp fennel seeds
- 1 tsp black pepper

Homemade Chipotle Chili Seasoning



- 1 Tbsp chili powder
- 1 tsp ground cumin
- 1/4 tsp cayenne pepper
- 1/2 tsp chipotle pepper powder
- 1/4 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp black pepper

Homemade Jamaican Jerk Seasoning



- 1 Tbsp onion powder
- 1 Tbsp garlic powder
- 2 tsp cayenne pepper
- 2 tsp paprika
- 1 tsp ground allspice
- 1/2 tsp ground nutmeg
- 1/2 tsp ground cinnamon
- 1 tsp black pepper
- 1/2 tsp crushed red pepper flakes
- 1/2 tsp ground cumin
- 1 Tbsp brown sugar
- 1 tsp dried thyme
- 1 Tbsp dried parsley

Homemade Cajun Seasoning



- 1/2 tsp chipotle pepper powder
- 1 tsp oregano
- 1 tsp thyme
- 1 tsp garlic powder
- 1 tsp onion powder
- 1/4 tsp cayenne pepper
- 1 tsp black pepper
- 1/2 tsp paprika

Homemade Greek Seasoning



- 3 Tbsp dried oregano
- 2 Tbsp dried basil
- 2 Tbsp garlic powder
- 2 Tbsp onion powder
- 1 Tbsp dill weed
- 1 Tbsp ground black pepper
- 1 Tbsp ground thyme
- 1/2 tsp ground nutmeg

Homemade Zesty Italian Seasoning



- 2 Tbsp dried basil
- 2 Tbsp dried oregano
- 1 Tbsp dried rosemary
- 2 Tbsp dried parsley
- 1 Tbsp dried thyme
- 1 tsp crushed red pepper flakes
- 1 tsp garlic powder

Homemade French Onion Seasoning



- 1/2 cup dried minced onion
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 tsp dried parsley
- 1/2 tsp celery seeds
- 1/2 tsp black pepper

Preparation

1. In a small bowl, add all spices. Mix thoroughly until completely combined.
2. Use immediately or store in an airtight container until ready to use.

NOTE

Find these seasonings in recipes throughout the booklet



HOMEMADE RANCH DIP & SEASONING



Ingredients:

- 4 multigrain saltine crackers
- 1/2 cup dried parsley
- 3 Tbsp dried minced onions
- 1 Tbsp dried dill
- 2 Tbsp garlic powder
- 2 Tbsp onion powder
- 3/4 cup plain non-fat Greek yogurt
- 3/4 cup low-fat sour cream

Preparation:

1. Place saltines in a large zip-close plastic bag. Seal bag & use the bottom of a cup to crush crackers into a fine powder.
2. Add spices to bag, seal & shake well. Rub closed bag between hands to finely crush spices.
3. In a medium bowl, add yogurt, sour cream & 2 Tbsp spice mix. Mix well.
4. Serve with fresh vegetables. Store left-over spice mix in an airtight container for future use.



10 min | Serves 12

Nutrition Facts	
12 servings per recipe	
Serving size	(36g)
Amount per serving	
Calories	50
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 35mg	2%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 62mg	4%
Iron 1mg	6%
Potassium 140mg	2%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



CHICKEN RANCH PITAS



Ingredients:

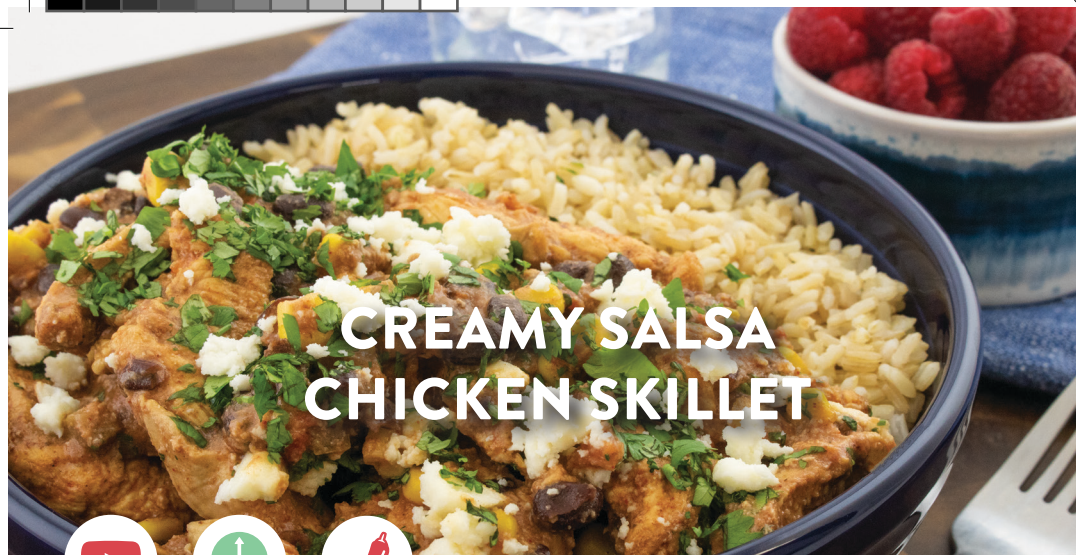
- 1 Tbsp canola oil
- 1 lb boneless, skinless chicken breasts, sliced
- 1 medium tomato, diced
- 1 medium cucumber, diced
- 1 medium avocado, diced
- 1 small red onion, diced
- 1 lemon, juiced
- 1 tsp Italian seasoning
- 6 whole-wheat pitas
- 2 cups shredded lettuce
- 1 1/2 cups *Homemade ranch dip*

Preparation:

1. In a large skillet, heat oil on medium-high. Add chicken & cook 7-10 minutes or until cook through.
2. In a medium bowl, combine tomato, cucumber, avocado, onion, lemon juice & Italian seasoning.
3. Wrap pitas in a wet paper towel & microwave 10-15 seconds to warm.
4. To serve, fill pita with lettuce, chicken & vegetable mix. Fold in half & top with homemade ranch dip.

20 min | Serves 6

Nutrition Facts	
6 servings per recipe	
Serving size	(339g)
Amount per serving	
Calories	440
% Daily Value*	
Total Fat 13g	17%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 450mg	20%
Total Carbohydrate 55g	20%
Dietary Fiber 8g	28%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 30g	
Vitamin D 0mcg	0%
Calcium 159mg	10%
Iron 4mg	20%
Potassium 935mg	20%
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CREAMY SALSA CHICKEN SKILLET



CHIPOTLE TURKEY CHILI



Ingredients:

- 2 cups instant brown rice
- 2 Tbsp olive oil
- 1 lb boneless, skinless chicken breasts, diced
- 2 cloves garlic, minced
- 1 Tbsp **Homemade Taco Seasoning**
- 1 cup **Chunky Homemade Salsa**
- 1 (15 oz) can no-salt-added black beans, drained & rinsed
- 1 cup frozen corn
- 1/3 cup nonfat Greek yogurt
- 1/4 cup crumbled queso fresco
- 1/2 cup fresh cilantro, minced



30 min | Serves 6

Nutrition Facts

6 servings per recipe
Serving size (271g)

Amount per serving
Calories 380

% Daily Value*

Total Fat 10g 13%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 60mg 20%

Sodium 110mg 5%

Total Carbohydrate 46g 17%

Dietary Fiber 6g 21%

Total Sugars 3g

Includes 0g Added Sugars 0%

Protein 27g

Vitamin D 0mcg 0%

Calcium 100mg 8%

Iron 2mg 10%

Potassium 660mg 15%

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Preparation:

1. Prepare rice according to package directions. Fluff with a fork & set aside.
2. In a large deep skillet, heat oil over medium. Add chicken, garlic & taco seasoning. Sauté 5-7 minutes or until chicken is cooked through, stirring occasionally.
3. Reduce heat to medium-low. Add salsa, beans & corn. Cook 4-5 minutes or until warm. Remove from heat & stir in yogurt.
4. Serve over rice topped with cheese & cilantro.



Ingredients:

- 1 lb 93/7 lean ground turkey
- 1 medium yellow onion, diced
- 3 cloves garlic, minced
- 1 (6 oz) can no-salt-added tomato paste
- 2 Tbsp **Chipotle chili powder**
- 1 medium unpeeled sweet potato, diced
- 1 (15 oz) can no-salt-added diced tomatoes, undrained
- 3 cups unsalted chicken broth
- 1/2 cup plain non-fat Greek yogurt



45 min | Serves 4

Nutrition Facts

4 servings per recipe
Serving size (536g)

Amount per serving
Calories 320

% Daily Value*

Total Fat 10g 13%

Saturated Fat 2.5g 13%

Trans Fat 0g

Cholesterol 85mg 28%

Sodium 300mg 13%

Total Carbohydrate 28g 10%

Dietary Fiber 6g 21%

Total Sugars 12g

Includes 0g Added Sugars 0%

Protein 30g

Vitamin D 0mcg 0%

Calcium 140mg 10%

Iron 4mg 20%

Potassium 1252mg 25%

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Preparation:

1. Heat a large stockpot over medium-high. Add turkey, onion & garlic. Cook 5-7 minutes or until cooked through, crumbling meat throughout. Drain excess liquid if needed.
2. Stir in tomato paste & chili seasoning. Cook 1-2 minutes or until paste is warm.
3. Add potatoes, tomatoes & broth. Bring to a boil. Reduce heat to medium & cook 20-25 minutes or until sweet potatoes are fork-tender & chili has thickened, stirring occasionally.
4. Serve topped with yogurt.



CAJUN COD & CORN MEDLEY



BEEF PASTA BOLOGNESE

Ingredients:

- 1 cup instant brown rice
- 2 Tbsp olive oil, divided
- 1 medium yellow onion, diced
- 1 stalk celery, diced
- 1 large red bell pepper, diced
- 4 cloves garlic, minced
- 2 Tbsp **Cajun Seasoning**, divided
- 1/2 cup minced fresh parsley, divided
- 1/2 cup unsalted beef broth
- 1 (12 oz) package frozen corn
- 4 (4 oz) frozen cod fillets, thawed

Preparation:

1. Prepare rice according to package directions. Fluff with a fork & set aside.
2. In a large skillet, heat oil over medium. Add onion, celery, bell pepper, garlic & 1 Tbsp Cajun Seasoning. Sauté 6-8 minutes, or until onion is tender.
3. Stir in 1/4 cup parsley, broth & corn. Cover & simmer 10 minutes, or until broth is nearly evaporated & vegetables are fork-tender.
4. Move vegetables to outside of skillet. Add cod to center of skillet & season with remaining Cajun Seasoning. Cover & cook 3-4 minutes per side, or until fish flakes easily.
5. Serve cod & corn medley over rice topped with remaining parsley.



30 min | Serves 4

Nutrition Facts

4 servings per recipe
Serving size (354g)

Amount per serving
Calories **370**

% Daily Value*

Total Fat 9g 12%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 50mg 17%

Sodium 105mg 5%

Total Carbohydrate 49g 18%

Dietary Fiber 6g 21%

Total Sugars 6g

Includes 0g Added Sugars 0%

Protein 30g

Vitamin D 1mcg 6%

Calcium 73mg 6%

Iron 3mg 15%

Potassium 1013mg 20%

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Ingredients:

- 1 lb 90/10 lean ground beef
- 1 medium onion, diced
- 3 cloves garlic, minced
- 1 celery rib, diced
- 1 (10 oz) bag matchstick carrots
- 1 (6 oz) can no-salt-added tomato paste
- 1 Tbsp **Homemade Zesty Italian Seasoning**
- 1/4 cup minced fresh basil
- 1 (32 oz) carton unsalted beef broth
- 1 cup 1% low-fat milk
- 1 (16 oz) box whole-wheat penne pasta
- 1 cup shredded parmesan cheese, divided

Preparation:

1. In a large slow cooker add oil, chicken, Italian seasoning, mushrooms, onion, garlic & broth.
2. Cover & cook on LOW 3-4 hours.
3. Stir in orzo, cover & cook another 30 minutes on HIGH.
4. Shred chicken on top of orzo mixture. Sprinkle parmesan cheese over chicken. Cover & cook 5-10 minutes, or until cheese is melted.
5. Serve topped with tomatoes & thyme!



40 min | Serves 8

Nutrition Facts

8 servings per recipe
Serving size (346g)

Amount per serving
Calories **400**

% Daily Value*

Total Fat 11g 14%

Saturated Fat 4g 20%

Trans Fat 0g

Cholesterol 45mg 15%

Sodium 330mg 14%

Total Carbohydrate 55g 20%

Dietary Fiber 7g 25%

Total Sugars 8g

Includes 0g Added Sugars 0%

Protein 26g

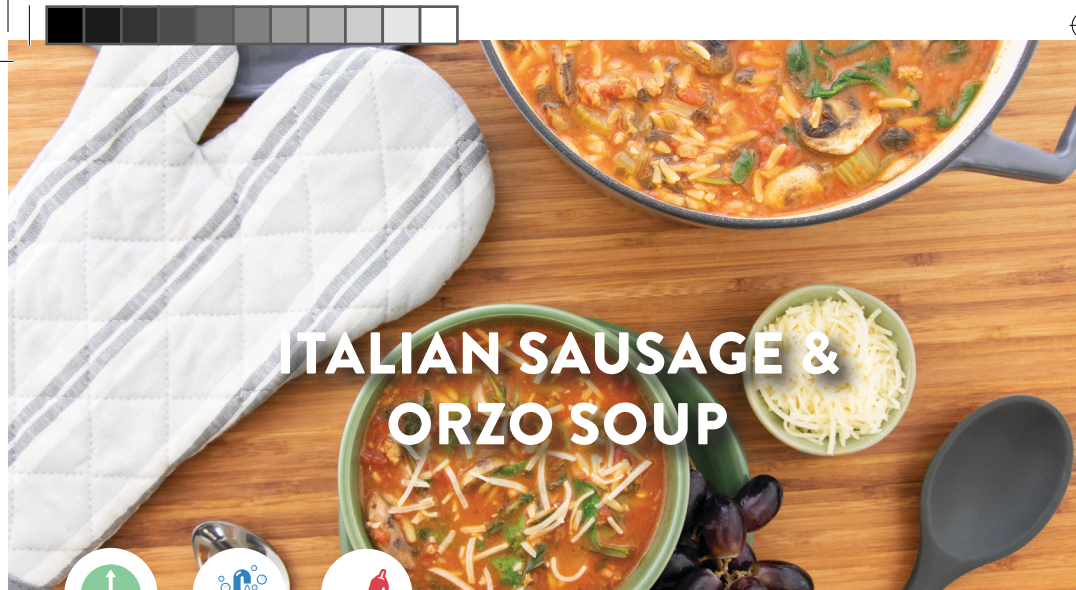
Vitamin D 0mcg 0%

Calcium 176mg 15%

Iron 4mg 20%

Potassium 888mg 20%

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ITALIAN SAUSAGE & ORZO SOUP



Ingredients:

- 3 Tbsp olive oil
- 1 medium yellow onion, diced
- 5 ribs celery, diced
- 4 cloves garlic, minced
- 1/2 cup chopped fresh parsley
- 4 Tbsp *Homemade Italian Sausage Seasoning*
- 1 lb 93/7 lean ground turkey
- 1 (32 oz) container unsalted chicken broth
- 2 cups water
- 1 (28 oz) can no-salt-added crushed tomatoes, undrained
- 1 cup orzo pasta
- 1 (16 oz) carton sliced mushrooms
- 3 cups spinach
- 1/2 cup 1% milk
- 1/3 cup shredded parmesan

Preparation:

1. In a large stockpot, heat oil over medium. Add onion, celery, garlic, parsley & Italian seasoning. Sauté 3-4 minutes, or until onion is tender.
2. Add turkey & cook 5-7 minutes, crumbling meat throughout, until cooked through.
3. Add broth, water & crushed tomatoes. Bring to a boil. Add orzo & mushrooms. Simmer 8-10 minutes, stirring occasionally.
4. Remove from heat & stir in spinach. Let cool 3-5 minutes & stir in milk. Serve topped with parmesan!

30 min | Serves 6

Nutrition Facts	
6 servings per recipe	
Serving size	(651g)
Amount per serving	
Calories	400
% Daily Value*	
Total Fat 16g	21%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 520mg	23%
Total Carbohydrate 45g	16%
Dietary Fiber 7g	25%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 26g	
Vitamin D 1mcg	6%
Calcium 191mg	15%
Iron 5mg	30%
Potassium 1182mg	25%

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Ingredients:

- 1 Tbsp olive oil
- 2 lbs boneless pork shoulder roast, fat trimmed
- 1 Tbsp *Jamaican Jerk Seasoning*
- Non-stick cooking spray
- 1 large white onion, sliced
- 2 large green bell peppers, sliced
- 1 jalapeño pepper, de-seeded & sliced
- 4 cloves garlic, minced
- 1/4 cup orange juice
- 2 limes, juiced
- 16 (6 inch) corn tortillas
- 2 avocados, sliced
- 1/2 cup minced fresh cilantro
- 1/2 cup crumbled queso fresco

Preparation:

1. In a large skillet, heat oil over medium-high. Season roast with jerk seasoning & add to skillet. Cook 4-5 minutes or until light brown on all sides.
2. Lightly coat a slow cooker with cooking spray. Add onion, peppers & garlic. Place roast on top of vegetables. Add orange & lime juice.
3. Cover & cook on HIGH 4-5 hours or LOW 9 hours.
4. Once cooked, shred meat using two forks & mix with vegetables.
5. Microwave tortillas 30 seconds or until softened. Fill tortillas with pulled pork, vegetables & avocado. Serve topped with cilantro & queso fresco!



20 min | Serves 8
(Prep)

Nutrition Facts	
8 servings per recipe	
Serving size	(306g)
Amount per serving	
Calories	390
% Daily Value*	
Total Fat 17g	22%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 190mg	8%
Total Carbohydrate 33g	12%
Dietary Fiber 8g	29%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 29g	
Vitamin D 1mcg	6%
Calcium 119mg	10%
Iron 2mg	10%
Potassium 983mg	20%

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CHICKEN TABOULI SALAD



Ingredients:

- Chicken
- 1/2 cup plain non-fat Greek yogurt
- 2 cloves garlic, minced
- 1/2 lemon, juiced
- 2 tsp **Homemade Greek Seasoning**
- 1 1/2 lbs boneless, skinless chicken breasts, halved

Tabouli

- 1 cup instant brown rice
- 1/2 lemon, zested & juiced
- 1/2 cup olive oil
- 1/4 tsp black pepper
- 1 cucumber, finely diced
- 4 green onions, sliced
- 1 medium tomato, diced
- 1 cup chopped fresh parsley

Preparation:

1. In a zip-close bag, combine yogurt, garlic, lemon juice & Greek seasoning. Add chicken & toss until well-coated. Refrigerate 30 minutes.
2. Meanwhile, prepare rice according to package instructions. Set aside to cool.
3. In a small bowl, combine lemon juice, zest, oil & pepper for dressing.
4. In a large bowl, add cucumber, onions, tomato, parsley & rice. Stir in dressing & mix thoroughly. Refrigerate until ready to serve.
5. Heat a large skillet over medium. Add chicken & cook 5-7 minutes per side or until cooked through. Remove chicken & slice. Serve chicken over tabouli salad.



45 min | Serves 9

Nutrition Facts	
9 servings per recipe	
Serving size	(261g)
Amount per serving	
Calories	390
% Daily Value*	
Total Fat 22g	28%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 64mg	3%
Total Carbohydrate 19g	6%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 30g	
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 2mg	10%
Potassium 633mg	15%
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FRENCH ONION MEATBALL SUBS



Ingredients:

- 2 Tbsp olive oil
- 2 medium yellow onions, finely diced
- 1 1/2 lbs 93/7 lean ground beef
- 2 cloves garlic, minced
- 1 cup shredded part-skim mozzarella cheese
- 2 Tbsp grated parmesan
- 1/4 cup breadcrumbs
- 3 Tbsp minced fresh parsley
- 2 Tbsp **Homemade French Onion Seasoning**
- 1 (15 oz) can beef broth
- 4 whole-wheat sub rolls, halved

Preparation:

1. In a large skillet, heat oil over medium-high. Add onions & cook 15 minutes, or until caramelized, stirring often. Remove onions & set aside.
2. In a large bowl, add beef, garlic, 1/2 cup mozzarella, parmesan, breadcrumbs, parsley, half of onions & seasoning. Mix with hands until well-combined. Shape into 24 meatballs.
3. Add meatballs to skillet & cook 5-7 minutes, or until browned on all sides.
4. Add 1/2 cup broth. Cover & cook 8-10 minutes, or until cooked through.
5. Serve meatballs on sub rolls, top with remaining mozzarella & onions.

45 min | Serves 8

Nutrition Facts	
8 servings per recipe	
Serving size	(219g)
Amount per serving	
Calories	410
% Daily Value*	
Total Fat 16g	21%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 560mg	24%
Total Carbohydrate 38g	14%
Dietary Fiber 3g	11%
Total Sugars 4g	
Includes 1g Added Sugars	2%
Protein 29g	
Vitamin D 0mcg	0%
Calcium 162mg	10%
Iron 5mg	30%
Potassium 507mg	10%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

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We keep busy families in mind every step of the way when creating our unique recipes.

Our promise is that CHOOSE HOMEMADE recipes are:

- Simple, tasty & healthy
- Certified healthy by our registered dietitians
- Easy to prepare & require minimal cleanup
- Made using common ingredients
- Taste-tested & chosen by Oklahoma families
- Developed using the MyPlate food groups

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This material was funded by USDA's Supplemental Nutrition Assistance Program [SNAP].
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