

Zadie's Low Sodium Roasted Garlic Italian Dipping Oil

4 ounces Extra Virgin Olive Oil
2 Tablespoons **Zadie's Roasted Garlic Italian Seasoning**

Mix oil and **Zadie's Roasted Garlic Italian Seasoning** together. Let stand 4 hours so the seasonings will blend with the oil.

Non-Fat Zadie's Italian Herb Cream Cheese

4 ounces Non-Fat cream cheese
2 Tablespoons **Zadie's Roasted Garlic Italian Seasoning**

Stir cream cheese to soften. Cream cheese at room temperature works best. Mix in **Zadie's Roasted Garlic Italian Seasoning**.

Zadie's Meatballs—Low Fat and Low Sodium

2 pounds Lean Ground Beef
1 small to medium Onion-chopped finely
½ Green Bell Pepper-chopped finely
2 Eggs
2 Tablespoons **Zadie's Original Seasoning**
1 ½ Tablespoons **Zadie's Roasted Garlic Italian Seasoning**
1 ½ cups Low Salt Crackers

Crush crackers to create fine crumbs. Mix crumbs and all other ingredients together. Roll mixture into small balls, about 1 ½ inch diameter. Place into a skillet and cook over medium heat until done. Place meatballs on paper towels placed in a dish to drain. When drained, place meatballs into sauce.

Zadie's Zesty Italian Dressing NO Carb—LOW FAT—LOW SODIUM

5 ounces red cider vinegar
3 ounces water
1 Tablespoons **Zadie's Roasted Garlic Italian Seasoning**
¾ Tablespoon **Zadie's Lemon Pepper Seasoning**
1 Teaspoon **Zadie's Original Seasoning**
4 packages Equal or Splenda
1 Tablespoon Extra Virgin Olive Oil

Mix all ingredients together.
Makes about 8 ounces of salad dressing.
8 Servings –2 Tablespoons per serving
Each serving is 15 calories (1.75 grams of fat)