



Try it “Tuesdays”



Eating Smart Seasoning Mix

Makes: 2 3/4 cups

Preparation Time: 5 Minutes

Ingredients

- 1 1/4 teaspoon black pepper
- 1 tablespoon garlic powder
- 2 tablespoons dried parsley flakes
- 3/4 cup dried, minced onion
- 2 cups dry milk

Directions

Combine all ingredients. Store in airtight container. Use in recipes as indicated.

For more information, Contact your local EFNEP office

