



Cent\$ible Nutrition Program

Helping Families Eat better for Less

Cajun Spice Seasoning

3 tablespoons salt
2 tablespoons cayenne pepper
2 tablespoons paprika
1 ½ tablespoons onion powder
1 tablespoon garlic powder
1 tablespoon black pepper
2 teaspoons dried basil
1 teaspoon chili powder
¼ teaspoon dried thyme

1. Combine all ingredients in a small bowl and blend well.
2. Place in a tightly sealed container. Label and date.
3. Store in a cool dry place for up to 3 months.

Use this lively blend of spices to prepare “Cajun-blackened” meats. Rub seasoning mixture on meat and cook over high heat.

**Recipe can be found in the Cent\$ible Nutrition Cookbook available for purchase. Log on to www.uwyo.edu/centsible for more information.*



TV Show

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