

A no-salt seasoning is incredibly versatile and can be used in many ways beyond just cooking! Here are some creative and practical uses:

- **Dry Rubs & Marinades:** Perfect for seasoning meats, poultry, seafood, and tofu before grilling, roasting, or smoking.
- **Homemade Salad Dressings:** Mix with olive oil, vinegar, or lemon juice for a quick and flavorful dressing.
- **Soups, Stews & Broths:** Add depth of flavor without relying on sodium.
- **Herbal Butters & Spreads:** Mix with softened butter or cream cheese for a gourmet spread.
- **Cooking Oils:** Infuse olive oil with a no-salt seasoning for a delicious finishing drizzle.
- **Tabletop Alternative to Salt:** Use as an everyday table seasoning for those reducing sodium intake.
- **Homemade Crackers & Chips:** Sprinkle on baked tortilla chips or roasted chickpeas for a tasty snack.
- **Pasta & Pizza:** Mix into pasta sauces or sprinkle over pizza for extra flavor.

When using a no-salt seasoning, pair it with acidic ingredients like lemon juice, vinegar, or tomatoes to enhance the flavor naturally!

“Salt? Nah!”

