



Rice Pilaf Seasoning

Boxed rice mixes are usually very high in sodium. The solution: make up your own seasoning so you can have rice that tastes great without all that salt. Here is a simple seasoning for rice pilaf.

- 1 tablespoon oregano
- 1 teaspoon dried ground sage
- 1 teaspoon dried rosemary, crushed
- 2 teaspoons onion powder
- 1 teaspoon garlic powder

Stir ingredients together well and store in airtight container at room temperature. Use 2 teaspoons of seasoning per cup of rice. For example, to make brown rice you would use 1 cup of brown rice, 2 cups of water, and 2 teaspoons of the above seasoning. Follow cooking instructions on rice package.

