



Herb Blend



Estimated Time: 5 mins

Nutrition Per Serving

16 servings (1 tsp per serving)

Calories	2.7
Protein	0.1g
Total Carbohydrates	0.5g
Net	0.16g
Sugar	0g
Fiber	0.3g
Total Fat	0.1g
Saturated Fat	0.03g
Polyunsaturated Fat	0.01g
Monounsaturated Fat	0.01g
Trans Fat	0g
Cholesterol	0mg
Minerals	
Sodium	11mg
Potassium	9.8mg
Phosphorus	1.3mg
Calcium	13mg

Recipe provided by
Chef Duane

Ingredients

- 1 tablespoon ground thyme
- 1 tablespoon dried basil
- 1 tablespoon dried rosemary
- 1 tablespoon dried sage
- 1 ½ teaspoon dijon mustard
- 1 teaspoon dried parsley

Directions

1. Combine ground thyme, dried basil, dried rosemary, dried sage, dijon mustard and dried parsley in a small jar.
2. Cover the jar of spices with a secure lid and shake well to mix the ingredients.
3. Use this recipe to add more flavor to the Herb Lemon Chicken by rubbing the seasoning on the chicken before cooking.
4. You can also add the spice seasoning by the teaspoon for desired taste to your favorite chicken or pork recipe.

Disclaimer: Please be advised that some of these foods may contain wheat/gluten, milk, eggs, peanuts, tree nuts, fish, shellfish, soy or other foods that may cause allergic reactions in some people. Please contact your healthcare provider if you are concerned about food allergies or other food-related reactions such as food sensitivities.