



**Did You Know** you can add flavor without adding salt and fat to your favorite dishes?



### CHICKEN

#### Herb Chicken Skillet with Spinach and Tomatoes

Ready in 30 minutes, this skillet chicken, flavored with Basil, Black Pepper, Garlic and Oregano, features good-for-you tomatoes and spinach. Serve over whole wheat pasta.



### SALMON

#### Herb Baked Salmon

A sprinkle of Perfect Pinch Salt Free Garlic and Herb Seasoning is all this easy-to-prepare salmon needs.



### CHILI

#### Chicken Chili with Black Beans & Corn

Try this hearty chili recipe flavored with Paprika, Oregano, Cumin, Garlic and Red Pepper for a dish that's sure to bring the family together.



### MEATBALLS

#### Herbed Turkey Meatballs & Spaghetti

A lighter alternative to meatballs made with ground beef, these turkey meatballs are seasoned with Basil and Oregano.



### MEATLOAF

#### McCormick Meat Loaf

McCormick 30% Less Sodium Meat Loaf Seasoning Mix is the secret to this hearty, homemade meatloaf. Use no salt added ketchup or tomato sauce for additional sodium savings.



### GROUND BEEF

#### Mediterranean Style Stuffed Peppers

Seasoned with a flavor combination of Rosemary, Cinnamon, Oregano and Sea Salt, this Mediterranean-inspired dish is packed with flavor.



### LASAGNA

#### Tomato Florentine Pasta Bake

This baked pasta dish delivers all the flavors of lasagna in less than half the preparation and baking time. Use no salt added tomato sauce to slash the sodium, and opt for whole wheat pasta for a nutrition boost.



### TILAPIA

#### Baja Fish Tacos

Live up your weekly dinner rotation with these easy fish tacos flavored with Chili Powder and Garlic.



### PORK CHOPS

#### Herbed Pork Chops

Season pork chops with Perfect Pinch All Purpose Salt Free Seasoning for a flavor boost without extra sodium.



### SHRIMP

#### Mexicana Shrimp and Vegetable Kabobs

Grilled or broiled, these shrimp and vegetable kabobs add a taste of Mexican to your week with Chili Powder, Cumin, Garlic and Oregano.