



Recipes

SPUD SEASONING

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| 1 tbsp (15 mL) onion powder | 1/2 tsp (2 mL) cumin |
| 1 tbsp (15 mL) paprika | 1/2 tsp (2 mL) dry mustard |
| 1 1/2 tsp (7 mL) salt | 1/2 tsp (2 mL) freshly ground pepper |
| 1 tsp (5 mL) oregano, crumbled | 1/4 tsp (1 mL) cayenne pepper |
| 1 tsp (5 mL) thyme, crumbled | 1/4 tsp (1 mL) garlic powder |

Combine all ingredients. Store in an airtight container in a cool dry place. **Yield:** 1/4 cup (50 mL).

Instructions for Use: *Cut potatoes as desired; lightly coat with oil. Sprinkle potatoes with Spud Seasoning. Use 1 tbsp (15 mL) seasoning for every 5 cups (1.25 L) prepared potatoes. Potatoes may be cooked in foil, in a grill wok or on a grill topper.*

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