

Creole Dry Spice Seasoning

*Scott Serpas
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Yield: 1/2 cup

2 tablespoons onion powder

2 tablespoons dried thyme

2 tablespoons dried oregano

1 tablespoon garlic powder

1 tablespoon cayenne

In a small bowl, stir together the onion powder, thyme, oregano, garlic powder and cayenne.

Set aside.

May be stored indefinitely.

Per Serving (excluding unknown items): 141 Calories; 3g Fat (14.1% calories from fat); 5g Protein; 31g Carbohydrate; 9g Dietary Fiber; 0mg Cholesterol; 17mg Sodium. Exchanges: 2 Grain(Starch); 1/2 Fat.