

Garlic-Pepper Rub

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Yield: 2/3 cup

*6 tablespoons lemon-pepper seasoning
2 tablespoons dried thyme
2 tablespoons paprika
2 teaspoons garlic powder
1 teaspoon sugar
1/2 teaspoon salt
1/4 teaspoon ground coriander
1/8 teaspoon ground cumin
1/8 teaspoon cayenne pepper*

In a large bowl, combine all of the ingredients.
Store in a covered container.

When using, rub over meat or poultry. Let stand for at least 30 minutes before grilling or broiling.

Per Serving (excluding unknown items): 101 Calories; 3g Fat (18.6% calories from fat); 4g Protein; 22g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 1077mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1/2 Fat; 1/2 Other Carbohydrates.