



A Nutrition Resource

SPAGHETTI SEASONING MIX

Yield: 1 1/2 cups Seasoning Mix

Cost/Serving: \$0.17

Ingredients:

- 1/2 cup Italian Seasoning
- 1/4 cup dried minced onion
- 1/4 cup dried parsley flakes
- 1/4 cup cornstarch
- 2 Tablespoons red pepper flakes (optional)
- 2 teaspoons pepper
- 2 teaspoons salt
- 2 teaspoons garlic powder

Directions:

Combine all ingredients in a bowl or plastic bag. Mix well.



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This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or www.apply.mt.gov. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.



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