

# BLACKENED SPICE MIXTURE



**DIFFICULTY**

EASY



**TIME**



**SERVES**

1/3 CUP

## INGREDIENTS

- 1 Tbsp Onion Powder
- 1 Tbsp Garlic Powder
- 2 Tbsp Smoked Paprika
- 1 Tbsp Dried Thyme (ground if possible)
- 1 tsp Black Pepper
- 1 tsp Cayenne Pepper
- 1 tsp Dried Oregano
- 1 tsp Dried Thyme

## DIRECTIONS

1. Enjoy the VRC blackened spice mixture on fish or tofu.

## NUTRITION FACTS PER SERVING

Calories: 9   Fat: 0.2g   Carbohydrates: 0.4g   Protein: 0.4g



CALIFORNIA SCHOOLS  
**VEBA**

Leslie Myers | Executive Foodie | VEBA Resource Center