



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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