

This & That:

APRIL 2010



Here's the Rub

Here's an all-purpose Cajun spice blend we use on everything from salmon to chicken to beef. Combine a tablespoon each garlic powder, onion powder and sugar, a teaspoon each salt, black pepper, dried basil and paprika and 1/2 teaspoon cayenne pepper. No time to make your own? Buy all natural spice blends, with no additives or artificial ingredients.

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the Salad

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