

# *Herb-Inspired Recipes*



# Creamy Herb Pea Salad

**Source:** <https://veggiedesserts.com/pea-salad/>

SERVINGS: 6

## **Ingredients:**

- 4 tablespoon mayonnaise
- 4 tablespoon plain Greek yogurt
- 1 tablespoon apple cider vinegar or white vinegar or lemon juice
- 1 tablespoon fresh parsley chopped
- ½ tablespoon fresh mint chopped
- ½ tablespoon fresh dill chopped
- Black pepper
- 10 – 14 oz. frozen peas (don't thaw) or fresh peas work too!
- 4 oz. Swiss cheese cut into tiny cubes
- ¼ red onion finely sliced

## **To garnish:**

- Additional chopped herbs

## **Instructions:**

Mix the mayonnaise, yogurt and vinegar together in a large bowl. Stir in the chopped herbs and season with the pepper.

Add the frozen peas, cheese and onion, then gently mix. Cover and chill in the fridge for at least 2 hours.

Stir before serving. If necessary, stir another tablespoon of yogurt through the salad to loosen. Then sprinkle with some additional herbs, if desired.

## **Nutrition:**

**Calories:** 209 - **Carbohydrates:** 10g - **Protein:** 9g - **Fat:** 14g (**Saturated Fat:** 5g) - **Sodium:** 195mg - **Fiber:** 3g - **Sugars:** 4g

## Lemon Dill Dressing

Makes 14 Tbsp.

### **Ingredients:**

3 Tbsp. fresh lemon juice

1-3 Tbsp. mild Dijon mustard

1-2 tsp. honey

1 medium garlic clove, finely minced

1/4 tsp. kosher salt

1/8 tsp. freshly ground black pepper

½ cup mild-flavored oil (sunflower, safflower, avocado, grapeseed, canola, vegetable)

2 Tbsp. finely chopped fresh dill

### **Instructions:**

Whisk together the lemon juice, mustard, honey, garlic, salt, and pepper until completely blended. Add the oil in a slow steady stream, whisking continuously until thick and creamy. Taste and add more mustard, if desired, and then whisk again. Add dill and stir well. Refrigerate until ready to use.

### **Nutrition Facts:** (per 2 Tbsp.)

**Calories:** 154 - **Total Fat:** 6 g (1 g saturated fat) - **Total Carbohydrates:** 3 g (total sugars: 2 g) - **Protein:** 0 g  
- **Sodium:** 154 mg

Recipe Source: <https://thecafesucrefarine.com/lemon-dill-dressing/>

## Chimichurri Sauce

Makes: 4 Servings

### **Ingredients:**

1 cup firmly packed flat-leaf parsley, thick stems trimmed off  
3 – 4 garlic cloves  
2 Tbsp. fresh oregano leaves (or 2 tsp. dried oregano)  
1/3 cup extra virgin olive oil  
2 Tbsp. red or white wine vinegar  
1/4 tsp. sea salt  
1/8 tsp. freshly ground black pepper  
1/4 tsp. red pepper flakes

### **Instructions:**

Finely chop the parsley, garlic, and fresh oregano (or process in a food processor with several pulses). Stir in the olive oil, vinegar, salt, pepper, and red pepper flakes. Adjust seasonings as needed. Serve immediately or refrigerate. If chilled, return to room temperature before serving. Keeps for a week or two.

### **Nutrition Facts:** (1 of 4 servings)

**Calories:** 164 - **Total Fat:** 18 g (2 g saturated fat) - **Total Carbohydrates:** 1 g - **Protein:** 0 g - **Sodium:** 122 mg

Recipe Source: (modified to lower sodium): <https://www.simplyrecipes.com/recipes/chimichurri/>

**Farro Pilaf**  
Makes: 4 Servings

**Ingredients:**

2 Tbsp. Smart Balance spread  
½ onion, finely diced  
1 clove garlic, minced  
4 oz. sliced fresh mushrooms  
1 cup farro  
14.5 oz. unsalted chicken broth  
2 Tbsp. shredded carrots  
1 Tbsp. slivered almonds, toasted  
2 Tbsp. chopped fresh parsley

**Instructions:**

Rinse farro under cold water and drain.

Melt Smart Balance in medium saucepan. Add onion, garlic, and mushrooms. Cook until softened, about 3 – 5 minutes.

Add farro and cook until lightly browned and nutty smelling, about 6 minutes.

Add broth and carrots.

Bring to a boil, cover and reduce heat to a low simmer for 30-35 minutes or until liquid is absorbed and farro is tender.

Remove from the heat and cover. Rest for 5 minutes.

Fluff with a fork and stir in almonds and parsley.

**Nutrition Facts:** (1 of 4 servings)

**Calories:** 273 - **Total Fat:** 9 g (4 g saturated fat) - **Total Carbohydrates:** 42 g - **Protein:** 7 g - **Sodium:** 82 mg

Recipe Source: <https://www.spendwithpennies.com/farro-pilaf/> (recipe adjusted to reduce sodium)

## Walnut Parsley Pesto

Makes: 1 ¼ cups

### **Ingredients:**

1 cup shelled walnuts (about 3.5 ounces)  
2 cups of chopped parsley  
½ cup grated pecorino or Parmesan cheese  
3 cloves garlic, roughly chopped  
1/4 tsp. salt  
Juice from ½ lemon, optional  
Dash of black, optional  
½ cup extra virgin olive oil

### **Instructions:**

Pulse all ingredients (except olive oil) in a food processor for a few seconds to combine. Scrape down the sides of the bowl; then pulse again.

Slowly drizzle in the olive oil.

Use immediately or cover with plastic wrap and refrigerate to store.

Lasts several days chilled.

Use with pasta or as a spread on bread or toast.

### **Nutrition Facts:** (1/4 cups)

**Calories:** 209 - **Total Fat:** 22 g (3 g saturated fat) - **Total Carbohydrates:** 2 g (fiber: 1 g) - **Protein:** 1 g -  
**Sodium:** 130 mg

Recipe Source: (adjusted to lower sodium):

[https://www.simplyrecipes.com/recipes/walnut\\_parsley\\_pesto/](https://www.simplyrecipes.com/recipes/walnut_parsley_pesto/)

## Honey-Basil Fruit Salad

Makes: 8 – ½ cup servings

### **Ingredients:**

1 cup blackberries  
1 cup strawberries  
1 cup blueberries  
1 cup pomegranate seeds  
Juice of 1 lime  
4 large basil leaves, chopped (+ extra for optional garnish)  
¼ cup chopped fresh mint (+ extra for optional garnish)  
1 – 2 Tbsp. honey (or agave nectar)

### **Instructions:**

Add blackberries, strawberries, blueberries, and pomegranate seeds to a large bowl. Stir until well combined.

In a small bowl, whisk together lime juice, mint, basil, and honey. Pour over berry mixture. Toss until well combined.

Serve topped with additional fresh chopped basil and mint, if desired.

### **Nutrition Facts:** (1/2 cup)

**Calories:** 59 - **Total Fat:** 0 g - **Total Carbohydrates:** 14 g (fiber: 3 g; added sugars: 4 g) - **Protein:** 1 g - **Sodium:** 2 mg

Recipe Source: <https://leencuisine.com/2022/05/15/honey-basil-fruit-salad/>

## Chicken Taco Lettuce Wraps

Makes: 8 lettuce wraps

### **Ingredients:**

8 Romaine lettuce leaves  
½ cup plain Greek yogurt  
½ tsp. minced garlic  
½ lime, juice and zest  
2 tsp. olive oil  
1/3 cup red onion, diced  
1 tsp. minced garlic  
½ c. chopped orange bell pepper  
1 medium avocado, cubed  
16 grape cherry tomatoes, sliced into quarters  
1 lbs. ground chicken  
1 Tbsp. salt-free taco seasoning blend (see next page for recipe)  
½ cup reduced-fat shredded cheddar cheese

### **Instructions:**

Wash and dry 8 Romaine lettuce leaves.

Cut orange bell pepper, avocado, and tomatoes.

Prepare the Lime Crema: mix together the yogurt, ½ tsp. minced garlic, and lime juice/zest.

Over medium heat, add 2 tsp. olive oil into a non-stick pan. Once heated, add the diced onion and 1 tsp. of minced garlic. Sauté until the onion is soft and tender. Add the ground chicken breast to the pan of onions and garlic. Gently break the meat apart into crumbles. Add the taco seasoning over the chicken. Continue cooking until the chicken is done.

Assembly: Romaine lettuce – seasoned meat – orange peppers, avocado cubes, and tomatoes – cheddar cheese – drizzle of Lime Crema

### **Nutrition Facts:** (per 2 wraps)

**Calories:** 344 - **Total Fat:** 18 g (saturated fat: 4 g) - **Total Carbohydrates:** 14 g (fiber: 6 g) - **Protein:** 32 g - **Sodium:** 303 mg

## Salt-Free Taco Seasoning Blend

Makes: About 3 Tbsp.

### **Ingredients:**

- 1 Tbsp. chili powder (salt-free)
- 1 tsp. ground cumin (or up to 1 Tbsp. per personal preference)
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1 tsp. smoked paprika
- ½ tsp. ground black pepper
- ½ tsp. dried oregano
- ¼ tsp. cayenne pepper or red pepper flakes (optional for heat)

### **Instructions:**

Combine seasonings together and store in airtight container.

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The following recipes are from: [Salt-Free Seasoning Recipes for Kidney Stone Formers - Kidney Stone Diet with Jill Harris, LPN, CHC](#)

### **Tex-Mex Seasoning**

- 1 tbsp chipotle chili powder
- 2 tsp smoked paprika
- 2 tsp cumin
- 1 tsp garlic powder
- 1 tsp onion powder
- 1/2 tsp oregano
- 1/2 tsp pepper
- pinch Ceylon cinnamon
- pinch cloves
- pinch nutmeg

**Uses:** Tacos, fajitas, hamburgers, rice, and veggies

### **BBQ Seasoning**

- 1.5 tbsp smoked paprika
- 1/2 tbsp pepper
- 1/2 tbsp garlic powder
- 1/2 tbsp onion powder
- 1/2 tbsp thyme
- 1/2 tbsp cumin
- 2 tsp nutmeg
- 1/2 tsp espresso powder

**Uses:** All meats, veggies, potatoes, rice, shrimp, and popcorn

## Poultry Seasoning

- 2 tbsp sage
- 1.5 tbsp thyme
- 1 tbsp dried basil
- 1/2 tbsp rosemary
- 1/2 tbsp onion powder
- 1/2 tbsp nutmeg
- 1 tsp pepper

**Uses:** soups, meatballs, pizza, dips, eggs, rice, and potatoes

## “Dorito” Flavored Popcorn LOW-Salt Seasoning

- 4 tbsp nutritional yeast powder (not flakes)
- 2 tsp paprika or smoked
- 1 tsp garlic powder
- 1 tsp cumin
- 1/2 tsp onion powder

**Uses:** popcorn (gently spray with olive oil and sprinkle with seasoning), veggies, meat, potatoes, and eggs

## Greek No-Salt Seasoning

- 2 tbsp dried basil
- 2 tbsp oregano
- 1 tbsp garlic
- 1 tsp onion powder
- 1 tsp black pepper
- 1 tsp parsley
- 1 tsp mint
- 1 tsp dill
- 1/2 tsp smoked paprika
- 1/2 tsp thyme
- 1/4 tsp nutmeg

**Uses:** rice, chicken, turkey, fish, ground beef, potatoes, popcorn, pasta, and Greek yogurt

## Herbes de Provence

- 2 tbsp oregano
- 2 tbsp thyme
- 2 tbsp tarragon
- 2 tbsp basil
- 2 tbsp parsley
- 1 tbsp dill
- 1 tbsp rosemary
- 1 tsp onion powder
- 1/2 tsp sage

**Uses:** roast chicken, grilled fish, roasted veggies, lamb, and omelets

## Pumpkin Pie Spice

- 3 tbsp Ceylon cinnamon (different than regular cinnamon)
- 2 tsp ginger
- 2 tsp nutmeg
- 1.5 tsp allspice
- 1.5 tsp clove

**Uses:** yogurt, coffee grounds, cottage cheese, Farmer's cheese, squash, pancakes, popcorn or whisk it into milk

## Ranch Dressing LOW Salt Dry Mix\*

- 2.5 tbsp powdered buttermilk\*
- 1/2 tbsp dried parsley
- 1 tsp dill
- 1 tsp garlic powder
- 1 tsp onion powder
- 1/2 tsp dried chives

### To make ranch dressing:

1. Mix with Greek yogurt to make the dressing.
2. Add milk plant, regular, or water to thin the dressing out until you get your desired consistency.
3. Use a ratio you are happy with.

**Uses:** raw veggies with dip: 1/2 cup of Greek nonfat plain yogurt with 1.5 TBS of the ranch dry mix. May also sprinkle the dry mix on popcorn, potatoes, rice, meat, etc.

**Note:** Buttermilk powder has 90mg of sodium per 2 tbsp used, so this mix is NOT salt-free but has much less sodium than ranch dressing.

The following recipe is from: <https://www.lowsodiumcooking.com>

**SEASONED “SALT” (without the salt)**

Ingredients:

1 tsp. chili powder (salt-free)

¼ tsp. celery seed

½ tsp. nutmeg

½ tsp. coriander

1 tsp. onion powder

1 tsp. paprika

¼ tsp. garlic powder

1 tsp. turmeric

**Mix together. Store in airtight container. Yield: 24 servings**