Eating Smart Seasoning Mix
Makes 2 ½ cups

Ingredients:
1 ¼ teaspoon black pepper
1 tablespoon garlic powder
2 tablespoons dried parsley flakes
¾ cup dried, minced onion
2 cups nonfat dry milk

Directions:
1. Combine black pepper, garlic powder, parsley, onion and dry milk.
2. Store in airtight container
3. Use in recipes as indicated.

Source: Eating Smart Being Active curriculum Colorado State University and University of California Extension