Eating Smart Seasoning Mix
Makes 2 ½ cups; 40 servings per container

Ingredients:

1 ¼ teaspoon black pepper
1 tablespoon garlic powder
2 tablespoons dried parsley flakes
¾ cup dried, minced onion
2 cups 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