

Herbal Topper for salads, vegetables, and pasta

3 tablespoons dried oregano

3 tablespoons dried basil

1 teaspoon thyme

1 teaspoon garlic powder

½ teaspoon pepper

Asian Topper for stir fry, salads and pasta

¼ cup sesame seeds*

1 tablespoon ground ginger

1 tablespoon garlic powder

1 teaspoon red pepper flakes

For more flavor toast seeds either in a toaster or conventional oven.

Chili Topper for dips, salads, baked potatoes and pasta

2 tablespoons red chile powder

1 tablespoon garlic powder

1 tablespoon cumin

1 tablespoon oregano

Chicken and Fish Topper

1 tablespoon paprika

1 tablespoon garlic powder

1 tablespoon lemon or lime juice

Pinch of cayenne pepper

An All-Right Salad

Serves 4. 163 calories, 6 grams fat, 7.5 grams fiber, 9 grams protein

Good source of potassium. Magnesium and calcium

- 1 cup nonfat berry flavored yogurt
- ¼ cup mashed berries
- 1 teaspoon olive oil
- 4 tablespoons vinegar
- 4 cups spinach
- ¼ cup chopped walnuts
- ½ cup diced red onions
- 1 cup cooked or canned kidney beans, drained and rinsed
- ½ cup cauliflower, diced

1. Combine yogurt, berries, vinegar, and black pepper in a medium-sized mixing bowl.
2. Mix well.
3. Add the rest of the ingredients and toss.
4. Serve immediately or refrigerate up to one hour before serving.