

Cucumber Mint Water

Yield: 16 cups (1 gallon)

Serving size: 1 cup

Flavored waters—using fruit and herbs—are a way to make unsweetened drinks interesting.

½ cup fresh mint leaves

1 cucumber, thinly sliced into rounds

1 gallon water

Ice, for serving

1. Place mint leaves in a large pitcher.
2. Mash mint leaves using a wooden spoon.
3. Add cucumber (or any fresh berry) and water to pitcher and stir well.
4. Place in the refrigerator for at least 1 hour before serving.
5. When ready to serve, add ice.

Options: You can substitute fresh berries—strawberries, raspberries or blackberries—for the cucumber.

Nutrition Facts	
Serving size	1 cup (250g)
Amount Per Serving	
Calories	0
<small>% Daily Value*</small>	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	0%
Vitamin D 0mcg	0%
Calcium 11mg	0%
Iron 0mg	0%
Potassium 22mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Red Wine Vinaigrette

Yield: 8 servings

Serving size: 1.5 TBSP

You can substitute any vinegar you prefer (such as rice wine, sherry, or apple cider) or citrus juice (such as lemon, lime, orange, or a mixture) for the red wine vinegar in this recipe.

½ cup olive oil

¼ cup red wine vinegar

1 TBSP Dijon mustard

1 TBSP honey

1 clove garlic, minced

¼ teaspoon Kosher salt

¼ teaspoon ground black pepper

1. Place all ingredients in a 12-ounce mason jar.
2. Shake well.
3. Store in refrigerator—for up to 10 days—until ready to serve.
4. Or, whisk ingredients in a bowl with a whisk or fork.

Nutrition Facts	
Serving size	1.5 TBSP (26g)
Amount Per Serving	
Calories	130
<small>% Daily Value*</small>	
Total Fat 14g	18%
Saturated Fat 2g	10%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 105mg	5%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 2g Added Sugars	4%
Protein 0g	0%
Vitamin D 0mcg	0%
Calcium 2mg	0%
Iron 0mg	0%
Potassium 7mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Salt-Free Taco Seasoning

Yield: about ½ cup

- ¼ cup chili powder
- 2 TBSP ground cumin
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon dried (rubbed) oregano
- 1 teaspoon dried (rubbed) basil
- ½ teaspoon dried (rubbed) thyme
- ¼ teaspoon ground black pepper

1. In a small bowl, mix all ingredients
2. Store in an airtight container in a cool, dry place for up to one year.

Nutrition Facts	
Serving size	1 teaspoon
Amount Per Serving	
Calories	5
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 1g	0%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	0%
Vitamin D 0mcg	0%
Calcium 11mg	0%
Iron 0mg	0%
Potassium 35mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

