

# MAKE IT YOURSELF

## Page 1

### SEASONING

#### ASIAN # 1

- 2 T White miso
- 2 T Vinegar (rice) (seasoned)
- 2 T Ginger (fresh) (slivered)
- 2 T Scallions (green onion) (sliced)
- 2 T Onions (sliced)
- Salt (to taste)



#### ASIAN # 2

- 2 T White miso
- 2 T Lemon juice
- 1 T Chives (chopped)
- 1 t Sesame oil
- 1 t Red pepper flakes
- 1/2 t Ginger (ground)
- Salt to taste

#### THAI

- 1 Lime (juice only)
- 2 t Chili-garlic sauce
- 1/4 C Cilantro (chopped)
- 1/2 t Sea salt
- 1/2 t Brown sugar



#### MORROCAN

- 2 T Harissa
- 2 T Cilantro (chopped)
- 1 T Parsley
- 1 T Olive oil
- Salt to taste



#### GREEK

- 1/2 C Feta cheese
- 1/2 C Tomatoes (Roma)
- 1/4 C Olives (chopped)
- 1 T Oregano
- 1 T Thyme
- Sea Salt & pepper (to taste)



# MAKE IT YOURSELF SEASONING Page 2

## MEDITERANEAN

- 2 T Olive oil
- 2 T Lemon juice
- 1 t Garlic
- 1 t Salt
- 1 t Mustard (Dijon)
- 1/4 t Pepper OR Chili flakes
- 1/4 C Herbs (dill, parsley, chervil or lemon-thyme)
- 2 Scallions (green onions (chopped) **OR** 2 T Chives



## LATIN

- 2 t Cumin
- 2 t Chili powder
- 1 t Coriander
- 1 t Salt
- 1/2 t Cinnamon
- 1/2 t Red pepper flakes
- 1/2 t Black pepper

