



EATING SMART  
BEING ACTIVE

## Eating Smart Seasoning Mix

Makes: 2 ½ cups

Preparation Time: 10 minutes

### **Ingredients**

- 1 ¼ teaspoons black pepper
- 1 tablespoon garlic powder
- 2 tablespoons dried parsley flakes
- ¾ cup dried, minced onion
- 2 cups dry milk

### **Directions**

1. Collect and measure all ingredients before starting to prepare the recipe.
2. Mix together all ingredients in a small bowl.
3. Store in an airtight container.
4. Use in the *Chili Tomato Beefy Macaroni* and *Beef and Potatoes* recipes as indicated.

This *Eating Smart Seasoning Mix* is used in two recipes in the *Eating Smart • Being Active Let's Cook!* cookbook. Store the mix in a sealable plastic bag or container in a cabinet with other spices until ready to use.



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*Go Lean with Protein*



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## Sazonador *Coma bien*

Rinde: 2 ½ tazas

Tiempo de preparación: 10 minutos

### **Ingredientes**

- 1 ¼ cucharaditas de pimienta negra
- 1 cucharada de ajo en polvo
- 2 cucharadas de perejil deshidratado
- ¾ taza de cebolla picada deshidratada
- 2 tazas de leche en polvo

### **Preparación**

1. Reunir y medir todos los ingredientes antes de comenzar a preparar la receta.
2. Mezclar todos los ingredientes en un recipiente pequeño.
3. Almacenar en un recipiente hermético.
4. Usar en las recetas *Carne de res y papas* y *Macarrones con salsa de carne, tomate y chile*, como se indica.

El Sazonador *Coma bien* se utiliza en dos recetas del libro de cocina *¡A cocinar!* del programa *Coma bien • Manténgase activo\**. Guardar el sazónador en una bolsa plástica hermética o en un envase en la alacena junto con otros condimentos hasta el momento de usar.



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*Consuma proteínas magras*