

## Ingredients:

1/2 cup basil  
1/2 cup oregano  
1/4 cup thyme  
1/4 cup rosemary  
2 tablespoons garlic powder

Italian Seasoning  
Image not found or type unknown

## Directions:

1. Wash your hands with soap and warm water.
2. Put all spices and herbs in a jar and shake well. Store in an airtight jar or container for up to 1 year.

## Nutrition Facts (Per Serving)

This seasoning mixture has no added salt. Nutrition information varies depending on how much is used in a recipe and how many servings come out of the recipe.

Makes approximately 1 cup.

---

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

<https://www.azhealthzone.org/recipes>