

Wholesome Recipes

from the *Amazing Wheat Book*

by LeArta Moulton



INSTEAD OF SALT...

TRY SEASONING WITH HERBS AND SPICES

asparagus	lemon peel, thyme
broccoli	lemon juice, onion
brussel sprouts	lemon juice, mustard
cabbage	dill weed, caraway seeds, oregano, lemon juice, vinegar, onion, mustard, marjoram
carrots	marjoram, ginger, mint, mace, parsley, nutmeg, sage, unsalted butter, lemon peel, orange peel, thyme, cinnamon
cauliflower	rosemary, nutmeg, tarragon, mace
celery	dill weed, tarragon
cucumbers	rosemary, onion
green beans	basil, dill weed, thyme, curry powder, lemon juice, vinegar
peas	mint, onion, parsley, basil, chervil, marjoram, sage, rosemary
potatoes	bay leaves, chervil, dill weed, mint, parsley, rosemary, paprika, tarragon, mace, nutmeg, unsalted butter, chives
spinach	chervil, marjoram, mint, rosemary, mace, nutmeg, lemon, tarragon
squash	basil, saffron, ginger, mace, nutmeg, orange peel
tomatoes	basil, bay leaves, chervil, tarragon, curry powder, oregano, parsley, sage, cloves