

CHINESE SEASONING BLEND

Recipe provided by Wichita Catholic Secondary School for the 2015 Healthy Flavors, Healthy Kids National Leadership Summit

Ingredients	4 Cups	1 Cup	Directions
	Measure	Measure	
Ground ginger	$\frac{3}{4}$ cup + 2 Tbsp.	3 $\frac{1}{2}$ Tbsp.	1. Mix all ingredients together well.
Onion powder	1 $\frac{1}{3}$ cups	$\frac{1}{3}$ cup	2. Store in an airtight container in a cool, dry place. During hot weather store in the refrigerator.
Anise Seeds, crushed	$\frac{2}{3}$ cup	2 Tbsp. + 2 tsp.	
Ground allspice	$\frac{1}{2}$ cup	2 Tbsp.	
Ground cloves	2 Tbsp.	$\frac{1}{2}$ Tbsp.	
Sesame seeds	$\frac{1}{2}$ cup	2 Tbsp.	

Nutrition Information (per tablespoon)

Calories: 25/Protein: 1 g/Carbohydrate: 4 g/Fiber: 1 g

Saturated fat: 0 g/Polyunsaturated fat: 0.5 g/Monounsaturated fat: 0.5 g

Trans fat: 0 g/Cholesterol: 0 mg/Sodium: 5 mg/Potassium: 70 mg