




## RANCH SEASONING

 ~ 3/4 cup

### ingredients

2 tablespoons of each dried herb or aromatic: parsley, dill, garlic powder, onion powder  
1 tablespoon of each dried herb: chives, basil & thyme  
1 teaspoon ground black pepper  
1 teaspoon sea salt  
1 teaspoon paprika (optional)

Mix all the herbs/aromatics together thoroughly then. Adjust the salt to your preference & add paprika if using. Store in an airtight container in a cool-ish, dark place.

## meal inspiration

- **Ranch Dressing:** Mix 2 tablespoons of the seasoning blend with 1 cup of mayonnaise and 1 cup of buttermilk (or Greek yogurt for a healthier option). Stir well and refrigerate for at least an hour before serving.
- **Ranch Dip:** Combine 2 tablespoons of the seasoning mix with 1 cup of sour cream or Greek yogurt. Serve with fresh vegetables, chips, or crackers for a quick and tasty dip.
- **Roasted Vegetables:** Toss your favorite vegetables (like carrots, potatoes, or broccoli) with olive oil and 1-2 tablespoons of the ranch seasoning mix. Roast in the oven at 400°F (200°C) for 20-25 minutes, or until tender and just oh-so perfectly golden.
- **Ranch-Flavored Popcorn:** Sprinkle the seasoning mix over freshly popped popcorn for a savory snack. You can also add a bit of melted butter or coconut oil to help the seasoning stick better.
- **Seasoned Chicken:** Rub the ranch seasoning mix onto chicken breasts, thighs, or wings before baking, grilling, or pan-frying. This will add a delicious herb and spice flavor to your dishes.