



KAY'S BEST[®] GARLICKY SEASONING

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****ORIGINAL***LOWER SALT***SPICY****

Recipes & Ideas

Kay's Best Garlicky Seasoning is an all-purpose seasoning which tastes great on a wide variety of foods. Use it as you're cooking, or as a table spice. Here are a few suggestions:

*meat or fish – any kind, any way you cook it – BBQ, roasted, sauteed, fried, or broiled.

Hint: meat tastes best when seasoned before cooking, rather than after.

*potatoes – French fries, baked, mashed, pan roasted, hash browns

*grain products – rice, pasta, garlic bread

*eggs – scrambled, fried, hard boiled, omelets

*veggies – zucchini, mushrooms, grilled onions, avocados, **ALL THE VEGGIES!**

*condiments – sour cream dip, spicy mayo (2 1/2 tsp. Spicy + 1 cup mayo), cream cheese spread

*popcorn – use any variety instead of salt – YUM!!! (watch out, the spicy bites back!)

*quesadillas – sprinkle any variety on the cheese – Spicy is great!

CREAM CHEESE SPREAD

8 oz. package of cream cheese (softened)

2 teaspoons Kay's Original or Lower Salt

Mix thoroughly! Serve with crackers or stuffed in celery. Top with green onions or sun dried tomatoes if you're feeling fancy!

GARLIC BREAD

1 loaf (unsliced) French or Sourdough bread

Butter (softened)

Kay's Best Lower Salt or Original

Parmesan Cheese

Slice bread the long way. Spread with butter, sprinkle with Kay's, top with cheese. Place on a cookie sheet and place under broiler. Broil until light brown and bubbly on top. This only takes a few minutes so keep an eye on it!

QUICKIE SHRIMP SCAMPI

Uncooked shrimp, medium to large size, peeled and deveined

Butter

Kay's Best, any variety

Parmesan cheese, freshly grated

Heat skillet on medium low, then add butter. Spread shrimp in a single layer in skillet. Sprinkle with Kay's and toss to coat. Sautee on one side for a minute or two, just until the shrimp is pink. Turn over and sprinkle with cheese. Turn off the heat, cover and leave on the burner. As soon as the cheese is melted thoroughly it's ready to serve!