

Rub Combos

Pepper-garlic rub

Combine garlic powder, cracked black pepper, and cayenne pepper.

Italian rub

Combine fresh or dried oregano, basil, and rosemary with minced Italian parsley and garlic.

Directions

1. To apply a rub, Duyff advises you "gently press the mixture onto the surface of the meat prior to cooking."

Cook's Comment* To add flavor to tender cuts of meat, poultry and fish without adding salt or fat, try a rub. Here are two suggestions from Roberta Duyff in her new book, *American Dietetic Association Complete Food and Nutrition Guide* (2nd Edition), www.eatright.org/adafood.html

Cook's Tips

- If you don't have all the spices for making the Italian rub, you might try Italian seasoning.
- No set proportions are needed for a rub. Just sprinkle each separate seasoning on the food according to personal preference.