


# July 2026, Kenosha County Meals on Wheels

HH MOW

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
	<b>MENU SUBJECT TO CHANGE WITHOUT NOTICE</b>	Lasagna w Meat Sauce Squash Medley Green Beans, Vienna Bread, Pears	Crab Salad Salad Greens w Tomato Cucumbers Roll, Fruit Cup	<b>CLOSED HOLIDAY</b>
6	7	8	9	10
BBQ Riblet Sandwich Mashed Sweet Potato Chef's Veg, Yogurt	Hamburger Bean Casserole Mixed Veg Fruit Sunburst	BLT Chicken Salad Salad Green w Tomato Tri Bean Salad Corn Bread, Orange	Spaghetti & Meatballs Capri Veg Blend Vienna Bread Pears	Pollock Red Skin Potatoes Cal. Veg. Blend Bread, Apple
13	14	15	16	17
Meatloaf w Gravy Mashed Potatoes Tomatoes, Bread Orange	Eggs Biscuit & Gravy Hash Browns Apple Cobbler, Banana	Roast Beef Au Gratin Potatoes Carrots & Chives Roll, Mixed Fruit	Glazed Chicken Citrus Brown Rice Broccoli, Bread Jello, Cookie	Turkey Pasta Salad Lettuce & Tomato Tri Bean Salad Cranberry Roll, Pineapple
20	21	22	23	24
Rib of Pork Baked Potato Cauliflower, Rye Bread Mixed Fruit	Italian Sausage Scalloped Potatoes Brussels Sprouts Melon	BBQ Pulled Chicken Sandwich Cheddar Mashed Potatoes, Broccoli Pears	Tuna Salad Sandwich Lettuce & Tomato Garbanzo & Kidney Bean Carrots, Fruit Cup	Chicken Provence Rice Florentine Country Veg Blend Bread, Orange
27	28	29	30	31
Kielbasa Dilled Potatoes Bean Casserole Rye Bread, Fruit Cup	Chicken w Parm. Pasta Salad, Salad Greens Tomato Wedges Bread, Pineapple	Eggs Lorraine Potatoes O'Brien Fruit Cup Muffin, Orange	Meatloaf w Gravy Mashed Potatoes Carrots & Chives Roll, Peaches	Breaded Fish Filet Au Gratin Potatoes Peas, Bread Applesauce

## FLAVORFUL FOOD WITHOUT THE SALT



When our food is delicious we enjoy it much more than when it is bland and boring. Most often we reach for the salt shaker to add flavor. I've seen people reach for the salt even before taking a bite of food as if it is an instinct. When I was in school I remember sitting in class one day and my professor told us that salt is one of the flavors that you can unlearn. It may take a couple of weeks but when you do so, even small amounts of salt will taste too salty.

There are many ways that you can flavor to your food instead of the salt shaker.

- To intensify flavors you can cook meat, fish or poultry with high heat by pan-searing, grilling or broiling to brown meat and add flavor. Being sure to not overcook or burn it.
- Vegetables can be roasted in a very hot oven or grill to reveal a sweet and smoky flavor. Spray or brush on a high smoke point oil such as avocado oil or canola oil and roast at 450 degrees.
- Onions can add great flavor on their own. But you can add sliced onions to a pan on low heat with some oil and caramelize them. You can eat them on other foods or make a sauce with them.
- Try other condiments like a flavored mustard, salsa, horseradish, wasabi or a hot sauce.
- Citrus flavors add acid that can help balance flavor. Try adding a squeeze of lime, lemon or orange juice. Or grate some of the citrus peel to the food.
- Try to spice things up with peppers. Bell peppers in red, yellow, orange and green add flavor without the spice. But other varieties may have a bit more heat if that's your preference.
- Fresh or dried herbs such as oregano, basil, thyme or rosemary can pack a punch of flavor.

- Spices such as cumin, paprika or turmeric can add some bold flavors.
- Fresh, roasted or sauteed garlic and onions add a rich and savory flavor.
- If you prefer a tangy flavor use balsamic, red wine or apple cider vinegar in salads, roasted vegetables and marinades.
- If you want an easier salt-free option stores have many options. A quick scan of the grocery store and I was able to find many options from McCormick, Mrs. Dash and even the store brand.
  - If you'd rather use what you have at home try a homemade salt-free seasoning blend.

When you're cooking you have the ability to alter a recipe by reducing or omitting the salt that a recipe calls for and your food should turn out perfectly. You may want to wait until the food is complete prior to adding salt or other spices to flavor it. You can always add to it but you can't remove the salt once it's been added!

It is important to note that if a baking recipe calls for salt that omitting it or reducing the quantity may lead to some unwanted changes as baking is very scientific.

Looking for more Nutrition Education?  
Scan the QR Code with your phone's camera or go to the link below for this month's edition of Ask Emily! You can also find the previous months' videos too. <https://tinyurl.com/yfn9txnw>



## SALT FREE SEASONING BLENDS

Courtesy of theoregondietitian.com

### Fajita Seasoning

- 2 tbsp salt-free chili powder
- 1 tbsp cornstarch
- 2 tsp smoked paprika
- 2 tsp garlic powder
- 2 tsp cumin
- 2 tsp onion powder
- 1 tsp dry oregano
- 1 tsp black pepper
- 1 tsp cayenne pepper

### Italian Seasoning

- 3 tbsp dry oregano
- 2 tbsp dry thyme
- 1 tbsp marjoram
- 1 tbsp dry basil
- 1 tbsp dry sage
- 1 tsp garlic powder

### Taco Seasoning

- 5 tbsp salt-free chili powder
- 3 tbsp cumin
- 2 tsp smoked paprika
- 2 tsp garlic powder
- 2 tsp black pepper
- 1 tsp onion powder
- 1 tsp cayenne pepper



### Instructions

1. Add the spices to a bowl and stir until well combined!
2. Put spice blend in a clean, airtight container and store in a cool, dark, dry place. An old spice jar or small plastic container work well.