Spice Dry Rub Mix

**Ingredients**
(makes 1¾ cups):
- ½ cup dark brown sugar
- ¼ cup seasoned salt (reduce to ⅛ cup for low-sodium version)
- ¼ cup paprika (sweet Hungarian)
- ¼ cup smoked paprika (Spanish)
- 1 tbsp. garlic powder
- 2 tsp. onion powder
- 1 tbsp. celery salt
- 2 tbsp. chili powder
- 2 tbsp. black pepper
- 1 tbsp. rubbed dried sage
- 1 tsp. ground allspice
- 1 tsp. ground cumin
- ¼ tsp. cayenne
- ¼ tsp. ground mace
- 1/8 tsp. ground cloves
- Added 1 tsp. turmeric

*Adapted from theyummylife.com and submitted by Becky of Converse, Texas, participant in Rx for Better Breast Health*

This rub can be used on chicken, beef, on the grill, in the oven or slow cooker.

**Preparation and Use:**
1. Spread brown sugar out on a baking sheet for 1-2 hours so it can dry out and avoid clumping.
2. Combine all ingredients in a food processor and pulse until well mixed or, sift the ingredients into a bowl and whisk them until mixed. Store in airtight container.
3. To use, sprinkle dry rub mix on all sides of the meat (chicken, beef, or pork) and rub it in. If you have time, wrap or cover the meat and refrigerate it for 1 hour (or as long as 12 hours) before cooking. The fridge time will enhance the flavor, but it’s also good if you cook the meat right away. Grill, pan fry, or bake the meat according to your preference. It’s also good for seasoning meat in slow cooker.

**Variations:**
For a spicier blend, use hot chili powder (rather than mild) and more cayenne, cumin, black pepper. For a sweeter blend, increase the allspice, cloves, mace, and brown sugar.

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Fruit Seasoning

**Ingredients:**
- 3 tsp. cinnamon
- 3 tsp. ground cayenne red pepper
- ¼ tsp. ground cardamom

*Submitted by Herlinda and Anna of San Antonio, Texas, participants in Rx for Better Breast Health*

**Preparation:**
1. Mix all spices together and pour into an empty saltshaker.