

## All-Purpose Spice Rub

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Cooking Light Magazine - August 2011

**Start to Finish Time: 2 minutes**

**1 1/2 tablespoons garlic powder**

**1 1/2 tablespoons black pepper**

**1 tablespoon salt**

**1 tablespoon sugar**

**1 tablespoon dry mustard**

**1 tablespoon paprika**

**1 1/2 teaspoons no-salt lemon pepper**

**1 1/2 teaspoons ground cumin**

**1 1/2 teaspoons ground red pepper**

In a small bowl, combine all of the ingredients. Mix well.

Yield: 1/2 cup

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Per Serving (excluding unknown items): 167 Calories; 3g Fat (15.4% calories from fat); 6g Protein; 34g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 6411mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 1/2 Fat; 1 Other Carbohydrates.