

Misc.

Grilling Rub - Old Bay-Inspired Rub

Women's Day Magazine

Best for Shrimp, scallops, chicken, turkey, potatoes.

For major flavor, refrigerate for a few hours before cooking.

Can be stored for up to three months in an airtight container.

Pat about two tablespoons into each pound of meat.

16 (approx 2 teaspoons) bay leaves, finely crushed

1 tablespoon paprika

1 tablespoon Kosher salt

2 teaspoons celery seed

1 teaspoon ground ginger

1/2 teaspoon ground mustard

1/8 teaspoon ground nutmeg

Yield: 1/4 cup

Per Serving (excluding unknown items): 50 Calories; 2g Fat (32.7% calories from fat); 2g Protein; 8g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 5650mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1/2 Fat.