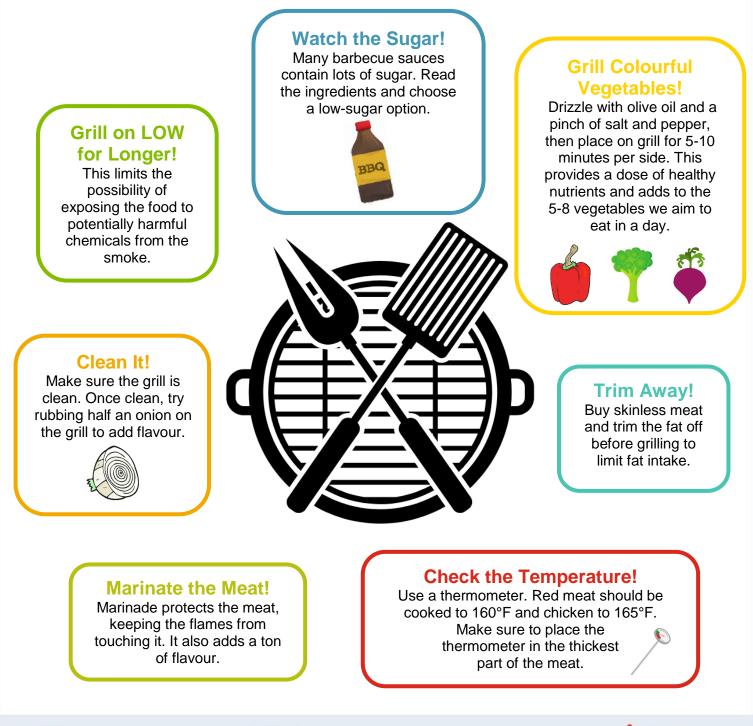


MAGNA WELLNESS

Barbecue Basics

DID YOU KNOW?

Grilling food at high temperatures to the point where they burn can produce unhealthy chemicals. Check out the tips below to help you make delicious and nutritious food on the grill!



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Barbecue Basics

Cajun Dry Rub

Prep Time 2-3 min This is a Cajun spice mix that has a little heat and is made with common spices found in your pantry. For a less spicy option, add less cayenne pepper and no red pepper flakes.

Servings 5+

INGREDIENTS

- ¼ tsp pink Himalayan salt (or natural salt)
- 2 tsp garlic powder
- 2 ½ tsp paprika
- 1 tsp ground black pepper
- 1 tsp onion powder
- 1 tsp cayenne pepper
- 1 ¼ tsp dried oregano
- 1 ¼ tsp dried thyme
- ½ tsp red pepper flakes (optional for more spice)



DIRECTIONS

Stir all ingredients together until evenly mixed.

Gently rub the spice mix onto your meat or add to your marinade before cooking.

Store leftovers in an airtight container.

Why a Dry Rub?

A dry rub is perfect for roasts, such as lean cuts of beef or pork. It can also be very tasty on skinless chicken breasts without adding many calories!

If you want more sauce on your food, you can add the dry rub spices to marinades, dipping sauces, or just about anything else that you want to put on the BBQ.

Nutrition Information

Serving Size Calories	5+ 12
Fat	0.3 g
Saturated fat	0.1 g
Protein	0.5 g
Total Carbohydrates	2.7 g
Fiber	1 g
Sugars	0.6 g
Sodium	32 mg
Cholesterol	0 mg
Iron	1 mg
Potassium	62 mg
Calcium	18 mg

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