## Copilot

I'm sorry, but I couldn't find specific information on "Penders Salt Free Spaghetti Herb Blend". It seems like it might not be a widely recognized or commercially available product. However, I can provide some general information about salt-free herb blends that are often used in spaghetti and other Italian dishes. These typically include a mix of:

1. **Basil**: A sweet herb with a subtle peppery flavor. It's a staple in Italian cuisine [1].
2. **Oregano**: Known for its earthy, robust flavor. It's often used in tomato-based sauces [1].
3. **Thyme**: Adds a subtle, dry aroma and a slightly minty flavor [1].
4. **Rosemary**: Has a strong, lemon-pine flavor. It's often used in Mediterranean cooking [1].
5. **Garlic Powder**: Adds a savory depth that's central to many Italian dishes [1].
6. **Onion Powder**: Provides a sweet, oniony flavor [1].
7. **Black Pepper**: Adds a spicy heat [1].

Remember, the key to a good spice blend is balancing the flavors to your liking. Start with equal parts of each, and then adjust based on your taste. Enjoy your cooking! [1]

Source: Conversation with Bing, 5/13/2024

1. [Nutrition and Wellness Salt-Free Spice Blends](https://extension.msstate.edu/publications/nutrition-and-wellness-salt-free-spice-blends)
2. [10 Delicious Salt-Free Seasoning Blends, According to a Food Writer](https://www.eatingwell.com/best-salt-free-seasoning-blends-according-to-food-writer-8553574)
3. [Savory Spice Blend Seasoning (Salt-Free) - EatPlant-Based](https://eatplant-based.com/savory-spice-seasoning/)
4. [Getty](https://media.gettyimages.com/photos/basil-leaves-isolated-on-white-background-picture-id935822182?b=1&k=6&m=935822182&s=612x612&w=0&h=PBXeCqMGA9bHaAdFXJOGoxeUz6LpnchyaCeu4Yvt8kA=)
5. [Getty](https://media.gettyimages.com/photos/fresh-and-dried-oregano-herb-on-wooden-background-picture-id653084104?b=1&k=6&m=653084104&s=612x612&w=0&h=4UDUQsgUCxKu13fAeoWuUDOjm0SPIh1Od0dhWQkt9eA=)
6. [Getty](https://media.gettyimages.com/photos/fresh-thyme-bunch-tied-up-shot-on-white-backdrop-picture-id157568691?b=1&k=6&m=157568691&s=612x612&w=0&h=oWK1v45rBOjxrvKxyCvSLZij1HtPddYx-MNdXxZDPtc=)
7. [Getty](https://media.gettyimages.com/photos/fresh-rosemary-sprigs-or-rosmarinus-officinalis-on-white-picture-id157336697?b=1&k=6&m=157336697&s=612x612&w=0&h=EMkG2lFnbYhaYnikfOd4X50oACHu7eVPbi6XUAZnmiY=)
8. [Getty](https://media.gettyimages.com/photos/pile-of-garlic-powder-isolated-on-white-background-picture-id1093297378?b=1&k=6&m=1093297378&s=612x612&w=0&h=LaS8XeNxD0rlkc8kmkHqW2BLTfzhAXu_mtD8oyce9xU=)
9. [Getty](https://media.gettyimages.com/photos/dried-onion-heap-isolated-on-white-background-top-view-picture-id1135285205?b=1&k=6&m=1135285205&s=612x612&w=0&h=Xr0Ulp5mrhO42Xq5PP9VxLqv5SaJCHYO-9PcqZFKwY4=)