

Fluvanna County Public Library

Spice of the Month Club

Greek Seasoning



Flavor Profile: vibrant, savory, and herbaceous Mediterranean

Ingredients: Cavender's All Purpose Greek Seasoning: salt, black pepper, corn starch, garlic, monosodium glutamate (MSG), oregano, parsley, and five undisclosed spices

Greek Seasoning is a blend of spices and herbs common to the Mediterranean region. Although there are regional variations, a regular Greek seasoning blend includes: dried oregano, garlic powder, powdered onion or onion flakes, dried basil, dill weed, marjoram, thyme, salt and pepper. Sometimes Greek blends include brown spices such as cinnamon and nutmeg too.

Many of these ingredients have actually been documented as spices that were used by Ancient Greeks to add flavor to their food.

Greek Seasoning Blend is very versatile. It can be a neat dry-rub for meat, a seasoning for stews, broths and soups, and a nice addition to any salad. You can use these spices in grilled fish, roasted veggies and even chicken.

Greek seasoning provides significant health benefits by delivering high levels of antioxidants, antimicrobial compounds, and anti-inflammatory properties, largely driven by ingredients like oregano, thyme, garlic, and rosemary. This blend supports immune system health, improves digestion, and helps manage inflammation, all while being a low-calorie, low-sodium way to enhance flavor.

Homemade Greek Seasoning

- 2 tsp. salt
- 2 tsp. garlic powder
- 2 tsp. Greek oregano
- 2 tsp. dried basil
- 1 tsp. dried onion
- 1 tsp. ground black pepper
- ¼ tsp. ground nutmeg
- 1 tsp. dried parsley
- 1 tsp. dried dill weed
- 1 tsp. dried marjoram
- ½ tsp. ground thyme
- ¼ tsp. ground cinnamon



1. Combine all ingredients together in a bowl and store in an airtight container for up to one month.
2. For smooth texture, puree all ingredients for 30-45 seconds in a food processor or use a spice grinder.
3. Use on meats, vegetables, or combine with olive oil for a great dip for bread or pita-chips. It can also be used to make a great Greek salad dressing.

<https://thenovicechefblog.com/greek-seasoning/>

Library Resources

Milk Street Tuesday Nights Mediterranean by Christopher Kimball – 641.5918 KIM

Instant Pot Miracle Mediterranean Diet Cookbook by Urvashi Pitre – 641.5918 PIT

Sweet & Spicy Party Mix

- 1 box corn Chex cereal
- 1 box wheat Chex cereal
- 1 box rice Chex cereal
- 1 bag pretzel sticks
- 1 large can mixed nuts
- ½ medium box Honey Nut Cheerios cereal
- ½ lb. pecan halves
- 2 sticks butter
- 2–3 tbsp. Greek Seasoning
- 2 large disposable foil roasting pans



1. Preheat the oven to 350°F.
2. Divide the dry ingredients by placing half of the first seven ingredients (cereals, pretzels, nuts, and pecans) into each foil roasting pan. Gently mix using two large spoons or clean hands to evenly distribute.
3. Prepare the butter seasoning by melting the butter in a medium saucepan over low heat. Stir in Cavender's Greek Seasoning until fully blended.
4. Season the mix by evenly spooning the butter mixture over the cereal and nut blends in both pans. Toss gently to coat everything evenly.
5. Optional extra seasoning: Lightly sprinkle a small additional amount of Cavender's Greek Seasoning over the top if you prefer extra bold flavor.
6. Bake in stages: Place the first roasting pan in the oven and bake for 15 minutes. Remove and set aside. Place the second pan in the oven for 15 minutes.
7. Toss and repeat: While the second pan is baking, gently toss the warm mix from the first pan to redistribute the seasoning. Continue alternating pans, baking each for a total of 30–45 minutes, tossing every 15 minutes, until the mix is lightly browned and crisp.
8. Cool completely before storing to ensure maximum crunch.

<https://www.greekseasoning.com/post/sweet-spicy-party-mix>

Greek Veggie Dip

- ½ cup Sour cream
- ½ cup Mayonnaise
- ½ cup Greek yogurt
- 2 tsp. Greek seasoning

1. In a small bowl blend together the first four ingredients. For the best flavor, refrigerate 2 hours or more before serving.
2. Serve with fresh cut vegetables, chips or crackers, as a topping for baked potatoes and even as a dip for chicken tenders.



<https://greekgirlsgourmet.com/greek-veggie-dip/>

Greek Zucchini & Yellow Squash (6 servings)

- 2 pounds zucchini and/or yellow squash cut into about 1-inch bite-sized chunks, about 2 medium squashes
- 2 tsp. olive oil
- 1 ¼ tsp. Greek seasoning
- 1 pinch black pepper
- salt to taste
- Zucchini & yellow squash



1. Preheat oven to 425° F. If desired, line a baking sheet with parchment paper. There's no need to oil the baking sheet if not using parchment paper.
2. Once the squashes are cut into about 1-inch chunks (I cut mine around 1/2-inch thick), spread them evenly across the baking sheet.
3. Drizzle the squashes with the olive oil.
4. Sprinkle with the Greek seasoning and black pepper. Toss with your hands to coat, re-spreading them evenly after coating.
5. Roast uncovered for 15 minutes or until tender when pierced with a fork. Sprinkle with salt, to taste.
6. Serve hot. This makes a great every day side dish and is perfect for Thanksgiving and Christmas, or any fall and winter holidays.

<https://keylimecoconut.com/recipe/greek-zucchini-yellow-squash/>

Simple Quiche

- 2 pre-made deep dish pie crust
- 4 eggs per pie shell
- 1 cup milk per pie shell
- Quiche fillings
- 1 cup shredded cheese
- 1 tsp. Greek Seasoning

1. Start by baking pre-made pie crust (deep dish) for 10 minutes in a 350-degree oven.
2. While pie shells are baking prepare the desired filling. Some of the things I have used are:
3. Cooked down sausage, cut up ham, sauteed mushrooms, steamed broccoli, spinach, asparagus tips, bacon, sauteed onions, etc.
4. Get creative and mix and match your quiche fillings.
5. In a bowl, whisk together the eggs and the milk.
6. When the pie shells are done fill them ½ way with your desired quiche fillings.
7. Add 1 cup of shredded cheese to the top.
8. Pour egg mixture slowly into the pie shells letting it fill in the crevasses. Sprinkle the top with the Greek seasoning.
9. Do not overfill with the egg mixture, otherwise, they will overflow in your oven. You can place them on a cookie sheet for oven protection but I always leave ¼ inch at the top of the shell.
10. Bake in a 350-degree oven for 45 minutes or until the center is firm to the touch.



<https://mauriekay.com/2019/12/06/easy-quiche-recipe/>

Greek Pasta Salad

- 12 oz. vermicelli or rotini pasta, cooked and cooled
- ¼ cup olive oil
- 3 tbsp. Greek Seasoning
- 4 ½ tbsp. lemon juice
- 1 can (4 1/2 oz.) sliced black olives, drained
- 1 jar (4 oz.) diced pimentos, drained
- ½ cup mayonnaise
- 5 green onions, chopped (or red onions if preferred)



1. Cook the vermicelli according to package directions. Drain, rinse with cold water, and allow to cool completely.
2. Season the pasta by tossing it with olive oil, Greek Seasoning, and lemon juice until evenly coated.
3. Cover and chill for at least 5 hours to allow the flavors to absorb fully.
4. Add remaining ingredients by gently folding in black olives, pimentos, mayonnaise, and chopped onions.
5. Mix well and adjust seasoning if needed before serving.
6. Serve chilled.

<https://www.greekseasoning.com/post/cavender-s-greek-pasta-salad>

Greek Meatballs with Tzatziki Sauce (Keftedes)

Tzatziki Sauce

- 1 cup plain Greek yogurt
- 1 medium seedless cucumber, grated (about 1 cup)
- 4 tsp. Greek Seasoning
- 1 tbsp. olive oil
- 1 tbsp. lemon juice
- ¼ tsp. salt

Keftedes

- 1 pound ground beef
- ½ pound ground pork or lamb
- ½ cup panko breadcrumbs
- 2 tbsp. Greek Seasoning
- ½ tsp. salt
- 1 large egg



1. For the Tzatziki, squeeze grated cucumber to drain any excess liquid. Mix cucumber and remaining ingredients in medium bowl. Cover. Refrigerate until ready to serve.
2. For the Keftedes, preheat oven to 350°F. Line shallow baking pan with foil and spray with no-stick cooking spray. Set aside. Place all ingredients in large bowl. Mix just until well blended. Form into 1-inch meatballs. Arrange meatballs on prepared pan.

3. Bake 18 to 20 minutes or until golden brown and cooked through (internal temperature reaches 165°F). Serve with Tzatziki, sliced fresh vegetables and toasted pita, if desired.

<https://www.mccormick.com/blogs/recipes/greek-meatballs-with-tzatziki-sauce-keftedes?view=sl-3EEE80F4>

Ann's Rice Pilaf (4 servings)

- 2 tsp. chicken bouillon granules
- 2 cups water
- ¼ cup butter
- ¾ cup broken pieces pasta
- 1 cup long grain white rice
- 1 tsp. freshly ground black pepper
- ½ tsp. salt
- ¼ tsp. Greek seasoning, or to taste



1. Dissolve chicken bouillon in water in a bowl.
2. Melt butter in a skillet over medium-high heat. Cook and stir vermicelli pieces until golden brown, about 5 minutes.
3. Pour bouillon mixture into the skillet with the vermicelli.
4. Stir rice, black pepper, salt, and Greek seasoning into the vermicelli mixture and bring to a boil. Cover and reduce heat to low; simmer until rice is tender and liquid is absorbed, 20 to 25 minutes.

<https://www.allrecipes.com/recipe/220674/anns-rice-pilaf/>

Turkey Gyros (4 servings)

- 1 medium cucumber, peeled
- 2/3 cup reduced-fat sour cream
- ¼ cup finely chopped onion
- 2 tsp. dill weed
- 2 tsp. lemon juice
- 1 tsp. olive oil
- ½ pound turkey breast tenderloin, cut into 1/4-inch-thick strips
- 1 ½ tsp. Greek seasoning
- 1 ½ cups shredded lettuce
- 8 thin tomato slices
- 4 whole pita breads, warmed
- 2 tbsp. crumbled feta cheese



1. Finely chop a third of the cucumber. For sauce, mix sour cream, onion, dill, lemon juice and chopped cucumber. Thinly slice remaining cucumber.
2. In a nonstick skillet, heat oil over medium-high heat; sauté turkey until no longer pink, 4-6 minutes. Stir in Greek seasoning. Serve turkey, lettuce, tomato and sliced cucumber on pitas; top with sauce and cheese.

<https://www.tasteofhome.com/recipes/turkey-gyros/>

Greek Feta Chicken (6 servings)

- 7 medium red potatoes, cut into 1-inch cubes
- 6 boneless skinless chicken thighs (about 1-1/2 pounds)
- ½ cup reduced-fat sun-dried tomato salad dressing
- 2 tsp. Greek seasoning
- 1 tsp. dried basil
- ½ cup crumbled reduced-fat feta cheese

1. In a large bowl, combine the first 5 ingredients. Transfer to a 13x9-in. baking dish coated with cooking spray.
2. Cover and bake at 400° for 40 minutes. Sprinkle with cheese. Bake, uncovered, 10-15 minutes longer or until chicken juices run clear and potatoes are tender.

<https://www.tasteofhome.com/recipes/greek-feta-chicken/>



Greek Pasta Salad

- 1 (16-oz) box penne pasta
- ⅔ cup olive oil
- ¼ cup lemon juice
- ½ cup mayonnaise
- 3 tbsp. Greek seasoning
- ¾ cup grape tomatoes, cut into halves
- 1½ cups crumbled feta cheese
- ¼ cup chopped fresh basil

1. Cook pasta according to package directions. Drain and cool.
2. Whisk together oil, juice, mayonnaise and Greek seasoning in a large bowl. Add cooked pasta, tomatoes, feta cheese and basil. Toss to coat.
3. Cover and refrigerate 8 hours before serving.

<https://www.plainchicken.com/greek-pasta-salad/>



Creamy Greek Salad (8 servings)

Dressing

- ½ cup mayonnaise
- 3 Tbsp. milk
- 1 Tbsp. red wine vinegar
- 1 Tbsp. sugar
- 2 tsp. Greek seasoning
- 1 tsp. garlic powder
- salt and pepper, to taste

Salad

- 1 (9-oz) bag chopped romaine lettuce



- 1 cup sliced seedless cucumbers
- 1 cup purchased croutons
- ½ cup banana pepper rings
- ½ cup grape or cherry tomatoes, halved
- ½ cup chopped Kalamata olives
- ½ cup crumbled feta cheese

1. Whisk together mayonnaise, milk, vinegar, sugar, Greek seasoning, and garlic. Season with salt and pepper.
2. In a large bowl, combine romaine lettuce, cucumbers, croutons, banana peppers, tomatoes, olives, and feta cheese.
3. Add some dressing and toss. Continue to add dressing until the salad is dressed to your preference. You may have some leftover dressing.

<https://www.plainchicken.com/creamy-greek-salad/>

Greek Orzo Salad (12 servings)

- ¼ cup extra-virgin olive oil
- 2 tbsp. red wine vinegar
- 2 tbsp. Greek Seasoning
- 12 ounces orzo pasta, cooked, drained and cooled
- 1 cup cherry tomatoes, halved
- 1 cup kalamata olives, halved
- 1 cup crumbled feta cheese
- 1 cup chickpeas, drained
- ½ seedless cucumber, halved lengthwise and thinly sliced



1. In a jar or bowl, mix the olive oil, vinegar and Greek Seasoning together until well blended.
2. Combine remaining ingredients in a large bowl. Pour dressing over top and mix well to blend. Refrigerate at least 1 hour before serving. Sprinkle with additional Greek Seasoning over top, if desired.

<https://www.mccormick.com/blogs/recipes/greek-orzo-salad>

Greek Steak Gyro (6 servings)

- ¼ cup plus 1 tablespoon olive oil, divided
- 3 tbsp. Greek Seasoning
- 1 ½ pounds boneless skinless skirt steak, trimmed
- 6 (6-inch) pita breads
- 2 cups thinly sliced romaine lettuce
- 1 small red onion, thinly sliced

Tzatziki Sauce

- 1 cup plain Greek yogurt
- 1 medium seedless cucumber, grated (about 1 cup)
- 4 teaspoons McCormick® Greek Style Seasoning
- 1 tbsp. olive oil

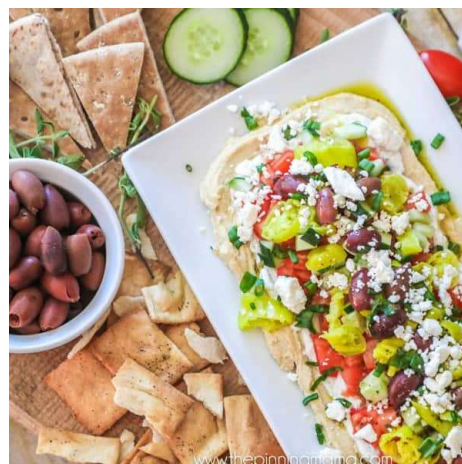


- 1 tbsp. lemon juice
 - ¼ teaspoon salt
1. For the Steak Gyro, mix 1/4 cup of the olive oil and Greek Seasoning in small bowl. Place steak and olive oil mixture in large resealable bag; turn to coat. Refrigerate at least 1 hour or overnight for more flavor. Remove from marinade. Discard any remaining marinade.
 2. Preheat grill to medium-high heat. Grill steak 2 to 4 minutes per side or until internal temp reaches about 135°F for medium doneness. Transfer to a cutting board and let rest 5 minutes. Brush pitas with remaining 1 tablespoon olive oil. Grill pitas until lightly toasted, about 3 minutes per side. Cut steak against grain into 1-inch wide strips.
 3. Meanwhile, for the Tzatziki Sauce, cut cucumber in half lengthwise. Thinly slice one half of the cucumber; set aside. Shred remaining half of cucumber using large holes of box grater. Mix shredded cucumber, yogurt, olive oil, lemon juice, Greek Seasoning and salt in medium bowl. Refrigerate until ready to serve.
 4. Divide steak evenly among pitas. Top with romaine lettuce, red onion and sliced cucumber. Drizzle with Tzatziki sauce to serve.

<https://www.mccormick.com/blogs/recipes/greek-steak-gyro>

Greek Layer Dip

- 10 oz. original flavor prepared hummus
- 5 oz. tzatziki
- 1-2 roma tomatoes chopped
- ½ cucumber chopped
- 5-6 Pepperoncini peppers, sliced
- ¼ cup Kalamata olives, sliced
- 3 green onions, chopped
- ¼ cup Feta cheese, crumbled
- 1 Tbsp. extra virgin olive oil
- 1 tsp. Greek seasoning



1. On a mostly flat platter or plate, spread the entire container of hummus out in a thin layer. Then spread about half of the container of tzatziki in a thin layer on top of the hummus leaving about a ½-inch border of hummus.
2. Next layer on the tomatoes, cucumbers, pepperoncini peppers, olives, green onions, and feta cheese leaving a small border on each layer.
3. Mix the olive oil and seasoning together then drizzle over the top of the dip letting it drip down the sides and settle on the hummus.
4. Chill for up to 3 hours. Serve with pita chips, pita bread triangles, cucumber slices, bell pepper strips, etc.

<https://easyfamilyrecipes.com/greek-layer-dip/>

Spice of the Month is sponsored by the Friends of the Library on the 4th Saturday of the Month. We love to hear feedback on recipes you have tried and the spice.