

Fluvanna County Public Library

Spice of the Month Club

Greek Seasoning Blend

(Cavender's All Purpose Greek Seasoning)**

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.

- For seasoning/marinating meat: A good rule of thumb is to use 2 tablespoons of seasoning per pound of meat.
- When seasoning grains and vegetables: Use 1 tablespoon per cup of uncooked grains or vegetables. Potatoes, green

Health Benefits

- Although fresh herbs are seen as healthier than their dried versions, the latter have concentrated amounts of healthy oils – responsible for the herbs' aromas and flavors, but also their health benefits.
- Greek spice blends are not only healthy, but they are also a combination of authentic superfoods. Here are just a few health benefits to mention.
- Oregano has high amounts of antioxidants and phytonutrients that can fight off infections. It is also a source of vitamin K and E.
- Thyme will add lots of copper, iron and manganese to your diet along with a hefty dose of dietary fiber.
- Garlic is a potent anti-inflammatory that can lower your blood sugar levels and reduce your blood pressure.

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
- 1 tsp. dried parsley
- 1 tsp. dried dill weed
- 1 tsp. dried marjoram
- ½ tsp. ground thyme



- ¼ tsp. ground cinnamon
 - ¼ tsp. ground nutmeg
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/>

Easy Greek Turkey Meatballs

- 1 lb. ground turkey
 - 1 egg large, whisked
 - ½ cup breadcrumbs - plain, gluten free or low-carb
 - ½ cup red onion finely chopped
 - 2 Tbsp. mint leaves fresh, finely chopped
 - 2 Tbsp. parsley fresh, finely chopped
 - 1 Tbsp. Greek seasoning homemade
 - ½-¾ tsp. salt to taste
 - 3 Tbsp. flour – regular or gluten-free – optional
 - 2 Tbsp. oil – avocado or olive
1. Combine ground turkey, whisked egg, breadcrumbs, onion, mint, parsley, Greek seasoning, and salt.
 2. Mix until well combined by either using a spatula or your hands.
 3. Scoop out 2 tablespoons of mixture and roll into a ball. Spray a bit of non-stick cooking spray on your hands if you are having trouble with the mixture sticking.
 4. Repeat with the remaining meat mixture until you have 20 meatballs.
 5. Optional (Skip this step if baking the meatballs in the oven). Place flour in a medium-sized shallow bowl and roll the meatballs in it. Shake off any excess flour.



To Pan-Sear:

6. Place a large stainless steel or non-stick skillet over medium heat along with 1 tablespoon of oil.
7. Add 10 of the meatballs to the skillet in a single layer. Cook for 7-9 minutes, turning every 1-2 minutes. You'll know the meatballs are done cooking when the internal temperature reaches 165F.

To Bake:

8. Preheat oven to 375F.
9. Line a large baking sheet with a piece of parchment paper.
10. Place meatballs evenly spaced on the baking sheet.
11. Bake in preheated oven to 18-22 minutes, or until meatballs are cooked through.
12. Serve Greek Turkey Meatballs with a side of tzatziki sauce and pita bread – or over a bed of rice with some Mediterranean Chickpea Salad or paired with couscous salad.

<https://www.evolvingtable.com/mediterranean-turkey-meatballs-w-lemon-dill-yogurt-sauce/>

Mediterranean Chickpea Salad with Cucumbers (6 servings)

- 2 (15 oz.) cans chickpeas rinsed, drained
- 1 cup cherry tomatoes cut into 1/2-inch pieces
- 1 cup red bell pepper finely diced
- 1 cup cucumbers cut into ½-inch pieces
- ½ cup red onion finely diced
- 8 oz. Feta cheese cut into ½-inch cubes
- ¼ cup parsley finely chopped
- 1 Tbsp. lemon juice
- 3 Tbsp. olive oil
- 2 tsp. Greek seasoning



1. Add all ingredients to a large bowl.
2. Toss to completely combine.
3. Refrigerate for 30 minutes, or overnight, before serving.
4. Served chilled with additional parsley and enjoy!

<https://www.evolvingtable.com/mediterranean-chickpea-salad-cucumber/>

Greek Pasta Salad

- 8-10 oz. penne or rotini pasta
- 8 oz. block feta cheese cut into cubes
- 1 pint grape tomatoes halved
- 1 cup cucumber seedless, diced
- 1 cup red bell pepper diced
- ½ cup Kalamata olives sliced and drained
- ½ red onion thinly sliced
- ¾ tsp. salt
- Greek Salad Dressing*
- ½ cup olive oil
- 3 Tbsp. red wine vinegar
- 2 tsp. honey – optional
- 1 clove garlic finely minced
- 1 tsp. Dijon mustard
- ½ tsp. Greek Seasoning
- ¼ tsp. salt
- 1/8 tsp. black pepper



*You can also use ¾ cup of a store-bought Greek Salad Dressing instead)

1. Cook pasta according to package directions. Rinse under cool running water, drain well, and then add to a large bowl.
2. Combine all dressing ingredients in the cup of a high-speed blender or food processor. Blend for 10-20 second, or until emulsified.
3. Pour salad dressing over the pasta and toss until pasta is well coated.

4. Add the cheese, tomatoes, cucumber, bell pepper, olives, onion, and salt. Toss until everything is just combined.
5. Serve immediately or refrigerate for a few hours to serve chilled.

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

Loaded Baked Greek Chicken (4 servings)

- 2 lbs. chicken breast boneless, skinless
- 2 tsp. Greek seasoning
- 4 oz. fresh spinach
- 3 garlic cloves, pressed
- 1 pint cherry tomatoes, halved
- ½ cup Kalamata olives
- ½ red onion, thinly sliced
- ¼ cup Pepperoncini peppers, sliced
- 1/3 cup feta cheese, crumbled
- 1 lemon juiced



1. Lay the spinach at the bottom of a large casserole dish. Place the chicken breasts in a single layer over the spinach and top evenly with Greek seasoning.
2. Layer the cherry tomatoes, red onion, olives, pepperoncini peppers, garlic, and feta cheese over the chicken breast. Then pour lemon juice over the top.
3. Bake at 350F for 35-45 minutes or until the chicken is cooked through. (165F internal temp) Remove from the oven and serve warm. Enjoy!.

<https://easyfamilyrecipes.com/baked-greek-chicken/>

Greek Chicken Wraps (2 servings)

- 2 lavash bread
- 1 cup chicken cooked and cubed
- 4 Tbsp. hummus garlic or original
- 4 Tbsp. tzatziki
- 2 falafel smashed
- Lettuce washed and chopped
- 1/3 cup tomato chopped
- 1/3 cup cucumber sliced
- ¼ cup Kalamata olives
- ¼ cup Pepperoncini peppers sliced
- ¼ cup Feta cheese
- 1 Tbsp. chili sauce

1. Spread a thin layer of hummus over the lavash bread. Add a thin layer of tzatziki on top. Add chili sauce to desired level of spice.
2. Add meat and falafel in vertical lines onto the lavash.
3. Top with veggies and cheese as desired.



4. Roll from one side to the other tightly so the lines of toppers run vertically down the wrap. Then tightly wrap the entire thing in foil.
5. To eat, peel the foil from the top and continue to peel as you eat.

<https://easyfamilyrecipes.com/greek-chicken-wraps/>

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



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.

Next layer on the tomatoes, cucumbers, pepperoncini peppers, olives, green onions, and feta cheese leaving a small border on each layer.

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.

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/>

Greek Chicken Gyros

- 2 pounds chicken tenderloins
- 1 ½ Tbsp. olive oil
- 1 Tbsp. freshly squeezed lemon juice
- 3 cloves garlic, minced
- 2 tsp. Greek seasoning
- ½ tsp. paprika
- Kosher salt and freshly ground black pepper, to taste
- 6 pita flatbreads
- 2 cups shredded romaine
- 2 cups cherry tomatoes, quartered
- 1 red onion, thinly sliced
- For the Tzatziki Sauce
 - ¾ cup Greek yogurt
 - ½ cup grated English cucumber, squeezed dry
 - 2 Tbsp. chopped fresh dill



- 2 Tbsp. freshly squeezed lemon juice
 - 2 tsp. lemon zest
 - 1 clove garlic, minced
 - Kosher salt and freshly ground black pepper, to taste
1. To make the tzatziki sauce, combine Greek yogurt, cucumber, dill, lemon juice, lemon zest and garlic; season with salt and pepper, to taste. Set aside in the refrigerator until ready to serve.
 2. In a gallon Ziploc bag, combine chicken, olive oil, lemon juice, garlic, Greek seasoning, paprika, 1 tsp. salt and ½ tsp. pepper. Marinate for at least 2 hours, turning the bag occasionally. Drain the chicken from the marinade, discarding the marinade.
 3. Preheat grill to medium heat. Add chicken to grill, and cook, turning occasionally, until chicken is completely cooked through, reaching an internal temperature of 165F, about 8 minutes. *You can also cook them in a cast iron skillet.
 4. To serve, warm pitas on the grill, about 1-2 minutes per side. Halve pitas, and fill with chicken, romaine lettuce, tomatoes, red onion and tzatziki sauce.
 5. Serve immediately.
 6. NOTE: You can also cook these in a cast iron skillet or in the air fryer for about 16 minutes at 385F – flipping halfway through.

<https://damndelicious.net/2020/02/23/greek-chicken-gyros/>

Tzatziki Chicken Salad (4 servings)

- 1 cup plus 2 Tbsp. plain Greek yogurt.
 - ½ cucumber grated
 - 2 to 3 garlic cloves, pressed
 - 2 Tbsp. olive oil
 - 2 tsp. Greek Seasoning
 - Salt and pepper to taste
 - 2 cups chopped cooked chicken
 - 2 cups chopped romaine lettuce
 - 1 cup halved grape tomatoes
 - ½ cup sliced pepperoncini peppers
 - ½ cup sliced Kalamata olives
 - ¼ cup chopped red onion
 - ½ cup crumbled feta
1. Squeeze the water from the grated cucumber.
 2. Combine the Greek yogurt, grated and squeezed cucumber, garlic, olive oil and Greek seasoning. Season with salt and pepper, to taste.
 3. Stir in chicken, romaine, tomatoes, pepperoncini, olives and feta.
 4. This will keep 2 to 3 days in the refrigerator.



<https://www.plainchicken.com/tzatziki-chicken-salad/>

Mediterranean Quinoa Salad (2 servings)

For the salad

- 1 cup cooked quinoa
- ½ cup black olives sliced
- ½ cup roasted peppers, sliced
- ½ cup fresh or canned corn kernels
- ¼ cup red onion, diced
- ¼ cup cilantro, chopped (or parsley)
- 1/3 cup feta cheese crumbles

For the dressing

- 1 Tbsp. olive oil
- 1 tsp. red wine vinegar or apple cider vinegar
- ½ tsp. Greek seasoning
- ½ tsp. salt
- ¼ tsp. pepper

In a medium bowl, add all the salad ingredients. Mix everything gently and enjoy.

<https://cooktoria.com/mediterranean-quinoa-salad/>

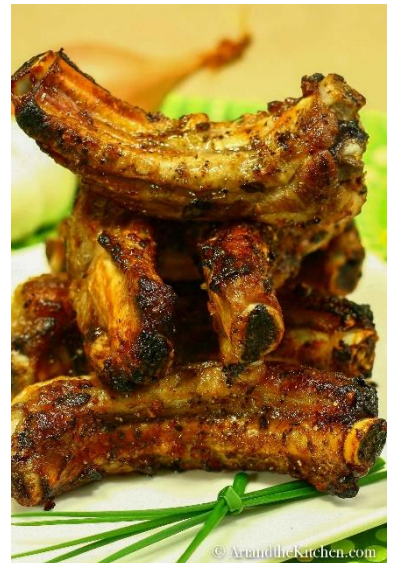


Greek Ribs

- 3 pounds baby back ribs
- 2 Tbsp. Greek seasoning
- ¼ cup olive oil
- 1 Tbsp. liquid honey
- ¼ cup fresh lemon juice
- 2 tsp. lemon rind grated
- 1 tsp. kosher salt
- 1 tsp. fresh ground pepper

1. Remove skin membrane from the ribs (this can make your ribs chewy and tough if left on.) Using a sharp knife slice under the skin and pull skin off meat. Cut meat into single ribs.
2. Combine all other ingredients in bowl and mix well.
3. Place ribs and marinade in large Ziploc bag, shake and refrigerate 8 hours turning occasionally to ensure all sides of ribs get seasoned.
4. Preheat oven to 400 F. Line cookie sheet or baking tray with foil. Spray with oil and place ribs on, leaving some space between each rib.
5. Bake 400F for 5-10 minutes until ribs have a nice sear.
6. Reduce heat to 300F and roast for 1 hour.

<https://www.artandthekitchen.com/greek-ribs>



Greek Chicken Orzo Bake (4 servings)

- 16 oz. orzo, cooked and drained
- 2 (14.5 oz.) cans diced tomatoes, drained
- 12 ounces crumbled feta cheese, divided
- 4-5 ounces spinach
- 1 tsp. dried oregano
- 1 Tbsp. lemon juice
- ½ cup chicken broth
- 3 Tbsp. olive oil
- 1-pound boneless, skinless chicken breasts, cut into 1-inch pieces
- 3 tsp. Greek seasoning
- 1 zest from 1 lemon, about 1 Tbsp.

1. Preheat oven to 350F and lightly coat a large casserole dish with a cooking oil spray.
2. Add the orzo, diced tomatoes, 6 oz. feta, spinach, oregano and lemon juice and stir to combine. Pour the chicken broth into the orzo mixture.
3. In a bowl, mix the diced chicken with the Greek seasoning ingredients and oil until the chicken pieces are evenly coated.
4. Place the chicken over the orzo, do not stir. Cover the casserole dish and then bake for 1 hour.
5. Uncover, and sprinkle the lemon zest and remaining 6 oz. cheese over the top and bake for an additional 5 minutes or until the chicken is cooked through and feta looks baked.
6. Garnish with your preference of fresh herbs, such as chopped parsley, basil oregano or dill.



<https://healthyheartyprecipes.com/greek-chicken-orzo-bake/>

Library Resources

5 Ingredients Mediterranean by Jamie Oliver – 641.5918 OLI

The Complete Mediterranean Cookbook by America's Test Kitchen – 641.5918 COM

The Complete Mediterranean Diet by Michael Ozner – 641.59 OZN

Instant Pot Miracle Mediterranean Diet by Urvashi Pitre – 641.5918 PIT

The Mediterranean Dish by Suzy Karadsheh – 641.59 KAR

Mediterranean Instant Pot – 641.587 AME

Milk Street Tuesday Nights Mediterranean by Christopher Kimball – 641.5918 KIM

Moosewood Restaurant Cooks at Home – 641.5 MOO

More Mediterranean by America's Test Kitchen – 641.5918 AME

The New Mediterranean Diet Cookbook by Martina Slajerova – 641.5918 SLA

****INGREDIENTS** (Cavender's All Purpose Greek Seasoning) – salt, black pepper, corn starch, garlic, monosodium glutamate, oregano, flavor base seasoning (Hydrolyzed corn soy protein, sugar, onion powder, spice extracts), parsley and five other spices.