

Fluvanna County Public Library

Spice of the Month Club

Italian Seasoning (Spice Blend)

Flavor Profile: Savory to Pungent to Floral to Aromatic

Italian Seasoning is a blend of herbs and spices used to flavor many Italian dishes. This mildly flavored seasoning has just the right balance of flavors and its versatility is astounding.

If you think Italian seasoning originates from Italy – you are mostly correct. The blend of herbs present in Italian seasoning usually consists of basil, oregano, rosemary, thyme, and marjoram, with other herbs and spices sometimes making an appearance. As the ancient Greeks and Romans experimented with special blends for flavoring, you could say that what we call “Italian seasoning” originated somewhere along the Mediterranean. Meanwhile, the 20 regions that make up Italy can all claim to have invented their own blends throughout culinary history.



Long story short: Tracing the actual origins of this particular mix of herbs is downright impossible. Suffice to say that home cooks gained a strong ally in the kitchen when Italian seasoning was first concocted – wherever that might be specifically.

- **Parsley:** With a clean and peppery taste with a touch of earthiness, parsley sort of rounds out the flavor in this seasoning.
- **Basil:** With a strong, pungent, and sweet aroma, basil adds a peppery, garden-fresh taste in various recipes.
- **Rosemary:** An herb that pairs beautifully with thyme, rosemary can be woody and peppery, with a tea-like aroma and a charred-wood fragrance that makes it highly compatible with foods cooked on a barbecue, like chicken or pork chops.
- **Thyme:** A perennial kitchen herb, thyme has a gentle flavor that blends with just about any food it graces. Thyme brings herbal flavors with grass, wood, and floral notes to savory dishes like braised or roasted meat, vegetables, and fish.
- **Oregano:** A familiar herb used in pizza and pasta sauces, oregano is most commonly found in its dried variety. Oregano can be slightly bitter, but it also delivers flavors described as earthy and green, with notes of mint and hay.
- **Marjoram:** Similarly sweet in aroma to thyme and basil, marjoram is actually a sort-of cousin to oregano. Marjoram brings a slightly spicy flavor to the party, with bitter and pungent notes that make it pair nicely with robust meat dishes. Marjoram is warm, slightly sharp and yet a little sweet. It is one of the more obscure herbs on this list, so if you don't have it you can replace it with more thyme or leave it out.

Storing

If stored in a cool, dry place, Homemade Italian Seasoning will keep for up to 6 months. This is the general rule for most of your herbs and spices.

Health Benefits

- **Vitamins:** Marjoram, thyme and basil are all good sources for vitamin K. These herbs also contain small amounts of vitamin A and vitamin B-6. Rosemary also contains vitamin C at a slightly higher concentration than is usually found in dried herbs.
- **Antioxidants:** Thymol is an antioxidant contained in both thyme and oregano, but at a higher concentration in thyme.
- **Fiber:** All of the herbs in Italian seasoning are sources of dietary fiber. Rosemary contains a relatively high amount per teaspoon.
- **Minerals:** The main herbs in Italian seasoning contain iron. Other minerals that show up in relatively high concentrations include manganese, calcium and magnesium.

What's the Difference?

Though similar in its components to Italian seasoning, Herbes de Provence is a spice blend that originates in the southeast region of France – specifically in Provençal cuisine. Its flavor can be quite similar to Italian seasoning, but Herbes de Provence occasionally includes lavender (though only here in North America).

Homemade Italian Seasoning (Makes about 7 Tablespoons)

- 2 Tablespoons dried parsley
 - 2 Tablespoons dried basil
 - 2 Tablespoons dried oregano
 - 1 Tablespoon dried thyme
 - 1 Tablespoon dried rosemary
 - 2 tsp. dried marjoram
1. Measure each of the ingredients into a small, airtight jar. Seal the jar and shake well.
 2. Store the jar in a cool, dark place for up to 6 months.
 3. The best part of making your own seasoning blend is being able to customize it! You can adjust the measurements of each ingredient to suit your own taste.



<https://www.gimmesomeoven.com/italian-seasoning-recipe/comment-page-1/#comments>

Savory Italian Seasoned Crackers (6 servings)

- 1 stick butter
 - 1 tsp. Italian seasoning
 - ½ tsp. seasoned salt
 - 1 sleeve Saltine crackers
1. Preheat the oven to 275F.
 2. Melt the butter in a saucepan and add the Italian seasoning and seasoned salt. Dunk the saltines in the mixture and place on a rack over a baking sheet. Bake for about 20 minutes.



<https://www.yellowblissroad.com/savory-italian-seasoned-crackers/>

Argentinian Chimichurri (8 servings)

Chimichurri Sauce

- ½ cup cilantro
- ½ cup parsley
- ½ onion, diced
- 1 tsp. salt – or to taste
- ¼ tsp. pepper – or to taste
- 1 Tablespoon garlic, minced
- ½ tsp. Italian Seasoning blend
- ½ tsp. crushed red pepper flakes
- 1/3 cup oil
- 2 Tablespoons red wine vinegar – or apple cider vinegar



Instructions

1. Combine all chimichurri ingredients in a blender or food processor, and pulse until smooth.
2. Serve immediately, or can be stored (covered) at room temperature up to 24 hours before serving.
3. NOTE: Makes about 1 cup chimichurri sauce. This sauce is good on steak, chicken, shrimp, tuna steak, tilapia, salmon, and potatoes to name a few.

<https://www.lecremedelacrumb.com/argentinian-chimichurri-recipe/>

Garlic Parmesan Roasted Vegetables (6 servings)

- 1 medium head of cauliflower core removed and florets separated
- 4 cups broccoli florets
- 1 lb. baby carrots
- 1 medium red onion, cut into thin wedges
- 1/3 cup olive oil
- 1/3 cup grated Parmesan cheese plus 2 tablespoons divided
- 4 medium garlic cloves, minced
- 1 ½ tsp. dry Italian seasoning
- Black pepper or red pepper flakes to taste
- 2 Tablespoons melted butter
- 1 Tablespoon chopped fresh Italian parsley



Garlic Parmesan Roasted Vegetables

Instructions

1. Preheat the oven to 425F. Liberally spray 2 baking pans with cooking spray.
2. In a large bowl, toss together the cauliflower, broccoli, carrots and onion wedges.
3. Drizzle with olive oil, 1/3 cup Parmesan cheese, minced garlic, garlic salt, Italian seasoning and black pepper. Mix well.
4. Spread in single layer on the baking sheets.
5. Roast for 20 minutes, then stir and rotate the pans if needed. Continue to roast for an additional 20 minutes or until golden and caramelized.
6. Immediately drizzle with the melted butter.
7. Sprinkle the top with the remaining grated Parmesan cheese and fresh parsley.

<https://www.melissassouthernstylekitchen.com/garlic-parmesan-roasted-vegetables/>

Parmesan Brussels Sprouts

- 16 oz. Brussels sprouts, rinsed
- 3 Tablespoons olive oil (or melted butter)
- ½ tsp. kosher salt and freshly cracked black pepper
- 1 tsp. Italian seasoning
- 3 garlic cloves, minced
- ½ cup grated Parmesan cheese, or to taste

Instructions

1. To prepare the roasted Brussels sprouts: Preheat your oven to 400F. Trim the bottom of the Brussels sprouts, and slice each Brussels sprout in half, top to bottom. Prepare a large baking sheet (you can line it with parchment paper if you like).
2. Pat the Brussels sprouts dry with paper towels and place them in a large bowl. Add olive oil, Italian seasoning, garlic, Parmesan, salt and pepper. Toss gently to coat the Brussels sprouts evenly.
3. Place the Brussels sprouts on the prepared baking sheet, spreading evenly into one layer. Bake on the center rack for 25 to 30 minutes – Adjust the time depending on your oven, the vegetables should be golden brown.
4. Transfer to a large serving bowl and sprinkle with fresh, chopped parsley if you like. Enjoy!



<https://www.eatwell101.com/parmesan-roasted-brussels-sprouts>

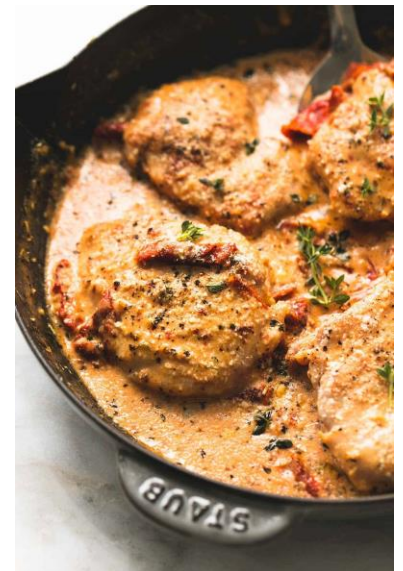
Skillet Chicken in Creamy Sun Dried Tomato Sauce

Ingredients

- 4-6 chicken thighs or 4 chicken breasts pounded to even thickness
- 2 Tablespoons butter
- 3 tsp. minced garlic
- 2 tsp. Italian seasoning
- ½ cup julienned sun dried tomatoes , drained!
- 1 cup chicken broth
- ½ cup half and half or heavy cream
- 2/3 cup shaved or shredded parmesan cheese + ¼ cup grated parmesan cheese for topping or more to taste
- Fresh basil or thyme, for topping (optional)
- Salt and pepper to taste

Instructions

1. In a large skillet over medium heat, melt butter. Add chicken and cook for 5-7 minutes on each side until browned and cooked through. Transfer to a platter and cover to keep warm while you make the sauce.
2. Add garlic, Italian seasoning, sun dried tomatoes, chicken broth, half and half or heavy cream, and 2/3 cup parmesan cheese to pan and stir to combine. Bring to a boil, and continue to stir periodically until thickened and creamy (5-7 minutes).
3. Return chicken to pan and spoon the sauce over the chicken. Top with cracked black pepper, grated parmesan cheese, fresh thyme or basil, and serve.



<https://www.lecremedelacrumb.com/skillet-chicken-creamy-sun-dried-tomato-sauce/>

Baked Potato Slices

- 3 russet potatoes, scrubbed clean
- 1 Tablespoon vegetable oil (Canola or Olive oil works too).
- Salt and pepper, to taste
- 2 ½ cups cheddar cheese, shredded
- 6 slices bacon, uncooked
- 1 Tablespoon Italian seasoning
- 2 green onions, diced

Instructions

1. Preheat oven to 375F. Take out the bacon and set it aside for 5 minutes.
2. Cut the potatoes into approximately 1/2 –inch slices. Use a pastry brush to lightly coat the tops with oil. Flip and repeat. Season with salt and pepper.
3. Bake the slices on a baking sheet in the oven for 25 minutes.
4. As the potatoes bake, cook the bacon over low heat. Use kitchen tongs to flip them periodically for even cooking. Set them aside once finished, leave the bacon drippings.
5. Remove the potato slices from the oven and lightly brush with bacon drippings. Flip and repeat. Bake for 10 more minutes. Meanwhile, crumble the bacon.
6. Decrease the heat to 350F. Top the potatoes with grated cheese and crumbled bacon. Place back in the oven until the cheese is melted, about 5 minutes.
7. Remove the slices from the oven. Sprinkle with Italian seasoning, then top with green onions. Serve with sour cream.

<https://thecozycook.com/baked-potato-slices/>



Italian Green Beans

Ingredients

- 1 pound green beans, trimmed, steamed, microwaved, or boiled until just fork tender
- 2 Tablespoons olive oil
- 3 cloves garlic, minced
- ¼ tsp. salt
- 1 ½ tsp. Italian seasoning
- 1 pinch red pepper flakes

Instructions

1. In a large skillet over medium heat, warm olive oil until heated through. Add garlic, salt, Italian seasoning, and red pepper flakes to hot oil and sauté 1 minutes or until garlic is fragrant.
2. Add green beans to skillet and sauté green beans for 2 minutes, tossing continuously to coat green beans thoroughly in oil and seasoning. Serve immediately.

<https://40aprons.com/italian-green-beans/>



FAQ - Italian Seasoning Uses – Italian seasoning can be used to flavor just about anything, but some of our favorite uses are in classic Italian-American dishes like meatballs, pizza or chicken Parmesan. It adds extra interest to olive oil for dipping bread or vinaigrette for salads. Or, stir it into marinades to infuse your meat with woody, herbal flavor. Italian seasoning is a kitchen staple that you will turn to again and again to help build flavor in your cooking.

Italian Stuffed Peppers

Ingredients

- 2 Tablespoons olive oil
- 3 bell peppers
- 1 onion, diced
- 1 pound ground turkey or ground chicken
- 2 tsp. Italian seasoning
- 1 tsp. salt and pepper
- ¼ tsp. ground black pepper
- 1 (14.5 oz.) can diced tomatoes
- 1 cup cooked brown rice
- 1 cup mozzarella cheese, grated – divided – ½ cup to go in the stuffing and ½ cup to top the peppers at the end
- ½ cup parmesan cheese, grated
- 1 Tablespoon fresh basil or parsley, chopped



Instructions

1. Preheat the oven to 350F.
2. Prepare the bell peppers by slicing them in halves, then remove the seeds and the membrane. Brush them with a little bit of olive oil inside and out, and roast them in the oven until they're just undercooked.
3. In a non-stick pan, sauté the diced onion until soft and translucent. Then add the ground turkey, Italian seasoning, salt and pepper.
4. Brown the ground turkey as you break it down with a wooden spoon, add a can of diced tomatoes, and cook everything together.
5. Add in cooked rice, grated mozzarella, and parmesan and mix on medium heat until everything is melted. Season with salt and pepper.
6. Take the bell peppers out of the oven. They should be roasted but just undercooked.
7. Spoon the stuffing into each bell pepper half, then top with more mozzarella cheese.
8. Put back in the oven for 10 minutes. This will allow the flavors to settle, the bell peppers will be fully cooked, and the cheese will melt.
9. NOTES: The stuffing is enough for 3 large bell peppers or 6 small ones. Store in the fridge for 3-4 days in an airtight container. For the freezer – Make sure that they're completely cooled. Then place in a freezer-safe container, seal, label, and date. Use within 4 months of freezing

<https://littlesunnykitchen.com/Italian-stuffed-peppers>

Italian Hoagie Dip (8 servings)

- ¼ pound pepperoni, diced small
- ¼ pound deli Genoa salami, diced small
- ¼ pound deli ham, diced small
- 8 slices Provolone cheese, diced small
- ½ cup diced red onion
- ½ cup hot banana peppers (or mild if preferred), finely chopped (optional)
- ½ cup mayonnaise
- 1 Tablespoon Italian seasoning
- 3-4 cups finely chopped iceberg or Romaine lettuce



1. In a large bowl, combine the chopped meats and cheese, onion and banana peppers. Add the mayonnaise and Italian seasoning and stir to combine.
2. Just before serving, stir in the chopped lettuce. Serve with baguette slices or crackers.

https://letsdishrecipes.com/italian-hoagie-dip?utm_medium=social&utm_source=pinterest&utm_campaign=tailwind_tribes&utm_content=tribes&utm_term=562385538_20279960_13187

Hot Italian Sub Sliders (12 sliders)

- 12 count slider buns - Hawaiian rolls
- 12 slices ham
- 12 slices salami
- 12 slices pepperoni large rounds
- 6 slices provolone cheese
- ½ cup roasted red pepper slices
- ½ banana peppers sliced
- ¼ cup butter
- 1 Tablespoon Italian seasoning
- Marinara sauce for dipping



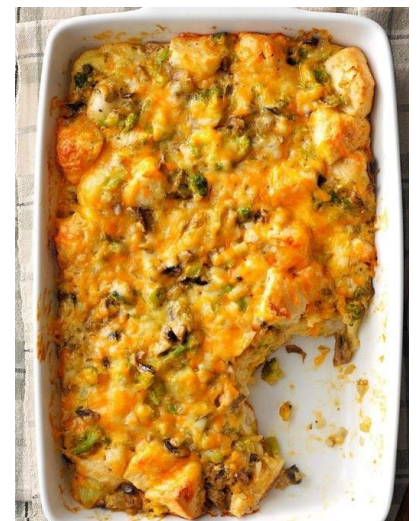
Instructions

1. Preheat oven to 350F. Slice your slider buns in half, place bottom of buns in a baking dish, layer your ham, salami, pepperoni and provolone over the top.
2. Sprinkle with roasted red peppers and banana peppers.
3. In small bowl whisk together butter and Italian seasoning.
4. Place your other half of slider buns on top.
5. Brush on top of buns with butter mixture.
6. Cover with tinfoil and bake in oven for 25-30 minutes.
7. Remove from oven and brush with more butter if desired.

<https://www.familyfreshmeals.com/2020/01/hot-italian-sub-sliders.html>

Broccoli-Mushroom Bubble Bake (12 servings)

- 1 tsp. canola oil
- ½ pound fresh mushrooms, finely chopped
- 1 medium onion, finely chopped
- 1 tube (16.3 ounces) large refrigerated flaky biscuits
- 1 package (10 ounces) frozen broccoli with cheese sauce
- 3 large eggs
- 1 can (5 ounces) evaporated milk
- 1 tsp. Italian seasoning
- ½ tsp. garlic powder
- ½ tsp. salt
- ¼ tsp. pepper
- 1 ½ cups shredded Colby-Monterey Jack cheese



Instructions

1. Preheat oven to 350F. In a large skillet, heat oil over medium-high heat. Add mushrooms and onion, cook and stir until tender, 4-6 minutes.
2. Cut each biscuit into 8 pieces; place in a greased 13 x 9 inch baking dish. Top with mushroom mixture.
3. Cook broccoli with cheese sauce according to package directions. Spoon over mushroom mixture.
4. In a large bowl, whisk eggs, milk and seasonings; pour over top. Sprinkle with cheese. Bake until golden brown, about 25-30 minutes.

<https://www.tasteofhome.com/recipes/broccoli-mushroom-bubble-bake/>

Italian Roasted Tomatoes

Ingredients

- 2 lbs. Roma tomatoes
- 1/3 cup olive oil
- 6 cloves garlic, minced
- 1 Tablespoon Italian seasoning
- 1 Tablespoon sugar
- 1 pinch salt
- 3 dashes ground black pepper
- 2 Tablespoons oregano, coarsely chopped

Instructions

1. Preheat oven to 300F.
2. Rinse the Roma tomatoes with water, drain and pat dry with paper towels. Slice them into halves and transfer them to a big bowl.
3. Add the olive oil, garlic, Italian seasoning, sugar, salt, ground black pepper and oregano. Gently stir to mix well.
4. Transfer the tomatoes to a baking sheet or sheet pan. Arrange them in one single layer. Slow roast the tomatoes for 1 hour. Dish out and serve immediately.



<https://rasamalaysia.com/italian-roasted-tomatoes/>

Library Resources

Essential Spices and Herbs by Christina Nichol – 641.6383 NIC

Giada's Italy by Giada De Laurentiis – 641.5945 DEL

Herbs & Spices by Jillian Norman – 641.6383 NOR

Lidia's a Pot, a Pan, and a Bowl by Lidia Bastianich – 641.82 BAS

Mastering Spice by Lior Lev Sercarz – 641.6383 SER

The Pasta Queen by Nadia Caterina Munno – 641.822 MUN

The Science of Spice by Stuart Farrimond – 641.3383 FAR

Simple Pasta by Odette Williams – 641.822 WIL

Unbelievable Vegan by Charity Morgan – 641.5636 MOR

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