

Fluvanna County Public Library

Spice of the Month Club

Italian Seasoning (Spice Blend)

Flavor Profile: Savory to Pungent to Floral to Aromatic

GranAroma Italian Seasoning is a blend of Basil, Marjoram, Oregano, Thyme, Rosemary and Parsley

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.



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.

Homemade Italian Seasoning (Makes about 7 Tablespoons)

- 2 tbsp. dried parsley
- 2 tbsp. dried basil
- 2 tbsp. dried oregano
- 1 tbsp. dried thyme
- 1 tbsp. 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.



Best Italian Pasta Salad Recipe (12 servings)

For the Vinaigrette:

- $\frac{1}{2}$ cup red wine vinegar
- $\frac{1}{2}$ cup extra virgin olive oil
- 3 cloves garlic, minced
- 1 tbsp. honey
- 1 tbsp. Dried Italian Seasoning
- $\frac{1}{2}$ tsp. salt

For the Italian Pasta Salad:

- 1 pound fusilli pasta
- 1 pint cherry tomatoes, halved
- 1 cup chopped hard salami slices
- $\frac{3}{4}$ cup chopped grilled piquillo peppers or jarred roasted red peppers
- $\frac{1}{2}$ cup chopped red onion
- $\frac{1}{4}$ cup chopped Italian parsley
- 12 ounces mini mozzarella balls, drained and halved (22-24 balls)
- 3.8 ounces **sliced black olives (1 can), drained**

1. Place a large pot of water over high heat and bring to a boil. Add a large spoonful of salt to the water. Then stir in the dried pasta. Cook according to package instructions, usually 6-8 minutes to al dente. Drain the pasta, and rinse with cold water in a colander. Shake off the excess water and place the pasta in a large salad bowl.
2. While the pasta is boiling, whisk all the ingredients of the vinaigrette in a small bowl. Set aside. Then chop all the salad ingredients.
3. Pour the tomatoes, sliced hard salami, chopped piquillo peppers, red onion, parsley, mozzarella ball and olives over the pasta. Pour the vinaigrette over the top and toss well to coat. Taste, then season with salt and pepper as needed.



<https://www.aspicyperspective.com/best-italian-pasta-salad-recipe/>

Italian Style Hamburger Recipe (4 servings)

- 1 $\frac{1}{4}$ to 1 $\frac{1}{2}$ pounds ground beef
- 1 heaping tsp. Italian seasoning
- $\frac{3}{4}$ tsp. garlic powder
- $\frac{1}{2}$ tsp. onion powder
- $\frac{1}{4}$ tsp. salt
- 4 slices mozzarella cheese

1. Combine ground beef with seasonings; form into 8 patties, each about 1/4-inch thick.
2. Place cheese slices in the center of 4 of the patties; cover the cheese with remaining patties and press edges together.
3. Broil or grill over medium-hot coals, turning once until done.



<https://www.thespruceeats.com/italian-style-hamburger-3052104>

Italian Glazed Chicken Wings

- 12 chicken wings, cut in 3 pieces tip tossed, renders 24 pieces
- 2 tbsp. vegetable oil
- 4 tsp. Italian seasoning
- 1 tsp. sea salt
- 2 tsp. garlic powder

For the glaze

- $\frac{1}{2}$ cup butter I used Land O'Lakes sticks
- 1 tbsp. minced garlic
- 2 tsp. Italian seasoning
- $\frac{1}{4}$ cup honey
- chopped parsley or basil for topping



1. Preheat oven to 400° degrees.
2. In a large bowl, season wings with oil, Italian seasoning, sea salt and garlic powder.
3. Place the wings on a parchment or non-stick aluminum foil lined baking sheet and bake for 25 minutes. Turn over and bake for another 15 minutes.
4. Note: oven temperatures vary. It could take longer or less time to cook through.
5. While the wings are in the final stage of cooking, make the glaze.
6. In a skillet, melt the butter over medium heat. Add the garlic, Italian seasoning, and honey. Stir well and allow to cook for a couple of minutes until well integrated.
7. Once the wings are done, remove them from the oven and set the oven on a high broil.
8. Brush the wings with the glaze and broil for about two minutes or until they are golden.
9. Top with chopped parsley or basil and enjoy!

<https://belquistwist.com/italian-glazed-chicken-wings/>

Creamy Italian Dressing (Servings 12/1 $\frac{1}{2}$ cups)

- 1 cup mayonnaise
- $\frac{1}{2}$ small onion
- 2 tbsp. red wine vinegar
- 1 tbsp. white sugar
- $\frac{3}{4}$ tsp. Italian seasoning
- $\frac{1}{4}$ tsp. garlic powder
- $\frac{1}{4}$ tsp. salt
- $\frac{1}{8}$ tsp. ground black pepper

Blend mayonnaise, onion, vinegar, sugar, Italian seasoning, garlic powder, salt, and pepper in a blender until smooth.



<https://www.allrecipes.com/recipe/14325/creamy-italian-dressing-i/>

Veggie Lovers Pizza Dip

For the cream cheese, mix together:

- 12 oz. softened Philly cream cheese
- ½ tsp. garlic powder
- ½ tsp. onion powder
- ¼ tsp. red chili flakes
- 1 tsp. Italian seasoning
- Handful of chopped fresh basil

For the Veggies, toss together:

- ½ white onion sliced
- ½ green bell pepper sliced
- 2/3 cups sliced pitted black olives
- 2 jalapeños sliced
- Pinch of red chili flakes

The rest:

- 2 cups pizza or marinara sauce
- 8 oz shredded mozzarella
- 2/3 cup grated Parmesan cheese plus a handful for garnish
- Handful of basil roughly chopped

*Feel free to change the toppings to whatever veggies you like (you can sauté some onions, broccoli, zucchini & eggplant with fresh garlic and seasonings to take this up a notch & add dollops of ricotta). Keep it as simple or get as fancy as you like :)

1. Preheat oven to 375.
2. In the bottom of a 9x13 baking dish (or a baking dish slightly smaller like 9x9 or 9" round pie dish), spread the cream cheese mix in a single layer.
3. Top it off w/ 1/2 the Parmesan, 1/2 the onion mix, 1/2 the mozzarella, 1/2 the sauce then layer w/ remainder of the parm, marinara, mozzarella
4. Top off with rest of the veggie mixture & an additional handful of grated Parmesan
5. Bake for about 30 minutes or until the cheese is melted & the sauce is bubbling
6. Remove from the oven, gently mix it (so the cream cheese & sauce can mingle)
7. Top off w/ fresh basil leaves & chili flakes for more heat!
8. This is great served w/ homemade or store-bought garlic bread (even some good ol' Texas toast for scooping!).



<https://thechutneylife.com/veggie-lovers-pizza-dip/>

Library Resources

Essential Spices and Herbs by Christina Nichol – 641.6383 NIC

Giada's Italy by Giada De Laurentiis – 641.5945 DEL

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

Italian Herb Biscuits (Serving – 15)

- 3 cups all-purpose flour
- 2 tbsp. baking powder
- 1 tbsp. Italian seasoning
- 1 tbsp. grated parmesan cheese optional
- 1 tsp. salt
- 1 tbsp. sugar
- 6 tbsp. chilled butter
- 1 ½ cups milk

Topping

- 1 tbsp. olive oil
- 1 tsp. Italian seasoning



1. Preheat the oven to 400 degrees and line a baking sheet with parchment paper.
2. In a medium mixing bowl, sift together flour, baking powder, 1 tablespoon Italian seasoning, sugar, salt, and Parmesan cheese if you are using.
3. Using a pastry blender, your hands, or a knife and fork, cut in the 6 tablespoons of butter until the flour resembles coarse crumbs.
4. Add the milk and stir with a fork until the mixture comes together. On a lightly floured surface pull out the dough and knead until it is smooth.
5. Roll out dough until it is 1 inch thick. Cut out dough using a 3 inch biscuit cutter, or you can cut into squares. With remaining dough, reform and roll out to 1 inch and repeat until all the dough is used and made into biscuits.
6. Arrange biscuit dough on prepared baking sheet. Combine the remaining 1 tablespoon of Italian seasoning with olive oil, then brush the olive oil on top of each biscuit, generously coating. Place in the oven and bake for 15-18 minutes, or until risen and a golden brown.
7. Serve immediately, or set on counter or serving dish until ready to serve.

<https://dashofsanity.com/italian-herb-biscuits/>

Homemade Italian Herb Snack Mix (28 servings)

- 6 cups baked cheese crackers (like Cheezit brand)
- 4 ½ cups mini pretzel twists
- 12 oz. can cocktail peanuts
- ½ cup unsalted butter , melted
- 1 ½ tbsp. dried Italian seasoning
- ½ tsp. garlic powder
- ¼ tsp. black pepper



1. Preheat oven to 300 F degrees. Line a rimmed baking sheet (like this one), with aluminum foil. Set aside.
2. In a very large mixing bowl, combine cheese crackers, pretzels, peanuts, Italian herb seasoning, garlic powder and black pepper. Pour melted butter over top and stir to thoroughly combine.

3. Spread onto prepared baking sheet in an even layer. Bake 45 minutes, stirring every 15-20 minutes. Let cool to room temperature, then serve or store in an airtight container at room temperature for 1-2 weeks.

<https://www.thechunkychef.com/homemade-italian-herb-snack-mix/>

Italian Parmesan Crusted Pork Tenderloin (6 servings)

- 3 tbsp. olive oil, divided
- 2 tbsp. Italian seasoning
- 2 tsp. Seasoned Pepper, divided
- $\frac{1}{2}$ tsp. sea salt
- 1 (1 $\frac{1}{2}$ pound) pork tenderloin
- $\frac{1}{2}$ cup plain panko bread crumbs
- $\frac{1}{2}$ cup grated Parmesan cheese

1. Preheat oven to 425°F. In bowl, combine 2 tablespoons oil, Italian Garlic Seasoning, 1 teaspoon Seasoned Pepper and salt. Rub all over pork tenderloin.
2. Place roast on a greased broiler pan or on a rack placed on a rimmed baking sheet. In small bowl, combine bread crumbs, Parmesan cheese, remaining 1 tablespoon oil and 1 teaspoon Seasoned Pepper. Firmly press onto the top and sides of roast.
3. Bake until internal temperature reaches 150°F on an instant-read food thermometer, about 25-30 minutes. Remove from oven. Let stand 5-10 minutes before slicing.



<https://www.tastefullysimple.com/recipes/italian-parmesan-crusted-pork-tenderloin/>

Baked Chicken with Italian Seasoning (4 servings)

- 4 boneless, skinless chicken breasts
- 1 $\frac{1}{2}$ tbsp. olive oil
- 1 tsp. garlic powder
- 1 tbsp. Italian seasoning
- $\frac{1}{2}$ tsp. salt
- $\frac{1}{2}$ tsp. pepper

1. Preheat the oven to 400F. Line a baking sheet with parchment paper.
2. If one side of the chicken breasts is significantly thicker than the other, pound it on a board to ensure even baking.
3. In a bowl, combine the seasonings and olive oil to form a paste.
4. Place the chicken breasts on the lined baking sheet. Spread the seasoning mixture over the top of the chicken breasts.
5. Bake for 20-24 minutes until the chicken's internal temperature reaches 165F. Cooking time might vary based on the thickness of the chicken breast; I highly recommend cooking chicken by temperature.
6. Remove the pan from the oven and serve.



LauraFuentes

<https://www.laurafuentes.com/baked-chicken-with-italian-seasoning/>