



FIND MORE RECIPES AT THE NBPL!

Check out these resources for more recipes and information about spices!

Cookbooks can be found at 641.5 in the non-fiction section.

Books about spices can be found at 641.338 in the non-fiction section.

This month's spice was purchased at
Bins and Bins
at 107 Shirreff Ave.,
North Bay, ON.

bins & bins 

Tell them the NBPL
sent you!
Receive 10% off your
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Bins when you
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Spice Club!

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Spice Club

MAY 2024:
ITALIAN
SEASONING



THIS MONTH'S SPICE: ITALIAN SEASONING

HOMEMADE ITALIAN DRESSING & PASTA SALAD

DRESSING INGREDIENTS:

- ¼ cup olive oil
- 2 tablespoons white wine vinegar
- 1 tablespoon lemon juice
- 2 cloves garlic, pressed or shredded
- 1 tablespoon fresh parsley, finely chopped
- 1 tablespoon Italian seasoning
- ½ teaspoon salt (or to taste)
- ½ teaspoon ground black pepper (or to taste)

SALAD INGREDIENTS:

- 1/2 pound pasta, uncooked
- 3 ounces salami (about 80 grams)
- 1 1/2 cup grape tomatoes (1 pint), halved
- 1/2 green bell pepper, chopped
- 1/2 red bell pepper, chopped
- 1/4 cup red onion, chopped
- 1/2 cup kalamata black olives, halved
- 4 ounces bocconcini mozzarella balls, halved
- 1 1/2 tablespoons fresh parsley, finely chopped
- 1/2 cup Italian dressing
- Parmesan cheese, grated (optional)

DRESSING INSTRUCTIONS:

- Add all ingredients into a mason jar and seal it with the lid. Shake until well combined. You can also transfer all ingredients into a blender or food processor and pulse until blended.
- Use immediately or store in the refrigerator for up to 2 weeks. Shake or stir well before using to prevent separation.

SALAD INSTRUCTIONS:

- Bring a medium pot of salted water to a boil. Add pasta and cook until al dente, about 8-10 minutes or according to package instructions. Drain and rinse pasta under cold water to stop the cooking process and to cool the pasta down.
- Transfer the pasta to a large mixing bowl or serving bowl. If not assembling the salad immediately, add some olive oil and toss together to prevent the pasta from sticking together. Otherwise, add remaining ingredients. Pour Italian salad dressing on top, and toss to combine.
- You can serve immediately with Parmesan on top, or cover the bowl tightly with plastic cling wrap and refrigerate for at least 2 hours. This will allow all the flavours to infuse into each other. When ready to serve, give the salad a good toss and add a little more dressing, if desired.

DID YOU KNOW?

Italian seasoning includes several dried herbs, typically basil, oregano, marjoram, thyme, rosemary, sage, and savory. It usually does not contain any spices or salt.

This blend can be put on or in just about anything: from spaghetti sauce, pasta salad, and other pasta dishes to garlic butter, meatballs, fish, seafood, and chicken.

Experiment and find your favourite way to use it!

(from Allrecipes.com)

This month's recipe is from
www.aheadofthyme.com