

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.



Tell them the NBPL
sent you!
Receive 10% off your
purchase at Bins and
Bins when you
mention our
Spice Club!

SHOW US WHAT YOU'VE MADE!

Post your photos and tag us @north_baypl or email us at northbaypublib@gmail.com.





THIS MONTH'S SPICE: LEMON PEPPER

LEMON PEPPER CHICKEN

INGREDIENTS

- · 4 chicken breasts
- 1/2 cup butter, cut in pieces
- ¼ cup lemon juice
- 1 teaspoon lemon pepper
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- 1 lemon, sliced
- salt and pepper, to taste

INSTRUCTIONS

- Preheat oven to 400 degrees
- Place chicken breast in a 13x9in baking dish and pour lemon juice over chicken.
- Mix together all the seasonings and sprinkle evenly over the chicken.
- Place one tablespoon of butter on each chicken breast and place the remaining 2 tablespoons cut into pieces around the chicken.
- Slice the lemon and add sliced into on and around the chicken.
- Baked uncovered for 30-45
 minutes until chicken reaches the
 internal temperature of 165
 degrees.

This month's recipe is from krystelscooking.com

DID YOU KNOW?

Lemon pepper seasoning is a blend of black pepper, dried lemon zest, and salt. This blend has a spicy, sour, and salty taste.

Though it is unclear who invented lemon pepper seasoning, it was commercially launched in 1967 by William Shoffeitt, a product engineer who developed Shoffeitt's Enhance Seasoners in Healdsburg, California.

Sources:

Wikipedia article:

https://en.wikipedia.org/wiki/Lemon_pep per

Article from Perkchops.com:

https://perkchops.com/ingredients/lemo n-pepper-seasoning

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