



Makes: 1 cup

Prep Time: 5 minutes

2 tablespoons garlic powder
2 tablespoons dried oregano
2½ tablespoons onion powder
1½ tablespoons dried basil
1½ tablespoons dried dill
1½ tablespoons dried parsley
1 tablespoon dried rosemary
1 tablespoon dried thyme
1½ teaspoons dried lemon zest
1½ teaspoons grated nutmeg
½ teaspoon ground cinnamon
1 tablespoon plus 1 teaspoon
sea salt
1 tablespoon freshly ground
black pepper

Greek Spice Rub

This simple spice blend embraces the traditional flavors of Greek fare, some of the healthiest food on the planet. It's perfect sprinkled over chicken thighs or tossed with roasted mushrooms, zucchini, and onions.

1. Mix all ingredients together in a small bowl and store in an airtight container for up to 1 year.