



Oregano Leaves

This herb comes from the dried leaves of the herbs Oregano SPP or Lippia SPP (Mexican). Both of these varieties have traditionally been harvested in the wild. Closely related to the herb marjoram, oregano is also known as wild marjoram.

This product is very strongly aromatic and has a slightly bitter flavor profile. The product should have a light to dark green color.

Oregano can be used in marinara sauces, pizza cheeses, chile con carne, and in a variety of Mediterranean and Mexican dishes. It is a very versatile herb, but very strong in flavor. It should be used sparingly in food preparation to prevent over-seasoning.

681780 6/5 oz.
681825 3/1.5#



Marinated Mediterranean Style Chicken Breast

5# of boneless, skinless chicken breast,
cut on the diagonal
1/4 cup oregano
1/4 cup parsley flakes
3 tblsp. red pepper flakes
2 lg. tblsp. lemon herb seasoning
1/4 cup granulated garlic
1 tsp. black pepper
1 fresh lemon (just the juice)
4 cups of salad oil

Blend all of the above, except chicken, in a mixing bowl. Add cut chicken and toss with marinade. Place in a food safe container and marinate overnight. Allow a minimum of 3-4 hours for chicken to marinate. Remove chicken from marinade and grill, roast or sauté.

This chicken is great grilled and served over salad greens. It can be used as part of a wrap or a sandwich or served as an entrée portion with a drizzle of sweet basil tomato sauce.