

# Oregano

This peppery, zingy herb is an Italian Classic. It should be added toward the end of the cooking process since heat can easily cause a loss of its delicate flavor. Oregano goes great with healthy sautéed mushrooms and onions, pizza, pasta, eggs, mushrooms, potatoes, and bread! Fresh oregano makes an aromatic addition to omelets and frittatas. Sprinkle some chopped oregano onto homemade garlic bread.

**Herbed Butter** keep it in the freezer for up to 6 months!

Warm butter up to room temperature and whip with an electric mixer. Add in any combination chopped garlic, basil, oregano, thyme, sage, onion, chives, parsley, pepper, salt and/or dill. Put in freezer containers. Ice cube trays work great for single servings. After they are frozen transfer them to an airtight bag or container. Or you can partially chill in the refrigerator and roll into "logs" in wax paper. Then freeze the log and slice off pieces when needed!

## Tips for Drying Oregano

Save those Herbs! One of the things I love about this climate is the simplicity of drying herbs. If you ever have an herb you are not using fresh, you can dry it for later use. It feels great to use the surplus of summer herbs in the winter time. Wash the herbs thoroughly. If you have a salad spinner, use it! Take the leaves off the stems. You can do this before or after they are dry. I prefer before. Spread herbs on a plate or cookie sheet. Leave in a warm, dry place out of direct sunlight until leaves are crumbly. Place in an airtight jar and store out of sunlight and heat.

## Dressings:

### **Garlic-Oregano Vinaigrette**

8 cloves roasted (or fresh) garlic

1/4 cup white wine vinegar

2 T fresh oregano leaves

2 T fresh parsley leaves

1 T honey

1/2 t kosher salt

3/4 cup olive oil

1/4 t red chili flakes

Combine garlic, vinegar, oregano, parsley, honey and salt in a blender and blend until smooth. With the motor running, slowly add the oil and process until emulsified. Stir in the red chile flakes.

### **Lemon-Garlic-Oregano Dressing (Workshare Lunch!)**

1 large lemon, juiced

1 clove garlic, pressed or finely minced (or sub 1 green onion for a milder flavor)

1 ½ teaspoon minced oregano

1/3 cup extra virgin olive oil

1/2 teaspoon sea salt

Fresh ground pepper, to taste

Whisk all ingredients together!

### **Greek Vinaigrette (Farm Family Favorite)**

¼ c lemon juice

¼ olive oil

1tsp oregano  
1TBS lemon zest  
1 garlic clove pressed  
1tBS dill chopped  
1TBS parsley chopped  
1tsp Dijon mustard

In a medium bowl mix all the ingredients together. Whisking until well incorporated. Pour into a salad dressing bottle & refrigerate for up to 30 minutes before serving.

### **Oregano Greek Dressing**

1 clove of garlic  
1/4 cup lemon juice from about 1 lemon  
1 Tbls fresh oregano leaves  
1/2 cup extra-virgin olive oil  
1/2 tsp salt  
1/4 tsp pepper

You can use a food processor or combine all ingredients into a glass jar and shake.

### **Oregano Vinaigrette**

½ Cup Balsamic Vinegar  
1 ½ Cup Olive Oil  
Leaves of oregano  
Fresh sliced Garlic  
Salt and Pepper to taste  
Put Vinegar, Oregano, Salt and Pepper in Blender and puree. Turn blender on, add olive oil and turn off.

### **Simple Italian Dressing**

1/3 cup red wine vinegar  
2/3 cup virgin olive oil  
½ teaspoon salt  
¾ teaspoon pepper  
1 Tb. minced red, yellow or orange bell pepper  
1 Tb. minced oregano  
1 Tb. minced garlic  
3 Tbls. Mayonnaise

Whisk together all ingredients until creamy and smooth, then chill for at least 15 to 20 minutes before serving to blend flavors together. Also makes a great drizzle on Italian subs and wraps. Feel free to perk up the flavor by adding a dash or two of hot pepper flakes or cayenne.

Kale and Oregano Pesto!

2 cups chopped kale + 1 cup fresh oregano leaves + 1/4 walnuts + 2 cloves garlic  
Blend in food processor; once finely chopped to your preference (pesto can be very smooth or slightly chunky)  
add in 1/4 cup olive oil while the processor is running.  
Transfer to glass jar and store in refrigerator or freezer.  
Serve over pasta with cheese grated on top.