

# Did you know...

Italian herb seasoning is a delicious blend of spices that add to so many main and side dishes. This seasoning typically contains such herbs and spices as oregano, basil, garlic powder, and rosemary, and can also include such things as red pepper flakes, thyme and sage.

Since there are so many delicious herbs and spices in the mix, this seasoning can be added to many dishes, such as pastas, meats, veggies and potatoes!



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## Spice Club



January 2024  
Spice of the Month:

Italian Herb  
Seasoning

# Italian Pasta Bake

## Ingredients

- 2 pounds ground beef
- 1 large onion, chopped
- 2 garlic cloves, minced
- 1 jar (24 oz.) spaghetti sauce
- 1 can (14-1/2 oz.) diced tomatoes, undrained
- 1 can (4 oz.) mushroom stems and pieces, drained
- 1 tsp. Italian seasoning
- 3 cups uncooked medium pasta shells
- 3 plum tomatoes, sliced
- 3/4 cup shredded provolone cheese
- 3/4 cup shredded mozzarella cheese



## Directions:

- In a large skillet, cook beef and onion over medium heat until no longer pink. Add garlic; cook 1 minute longer. Drain. Stir in spaghetti sauce, diced tomatoes, mushrooms and Italian seasoning. Bring to a boil. Reduce heat; simmer, uncovered, 20 minutes.
- Meanwhile, preheat oven to 350°. Cook pasta according to package directions; drain. Add to beef mixture and gently stir in sliced plum tomatoes.
- Transfer to an ungreased 13x9-in. baking dish. Sprinkle with cheeses. Bake 25-30 minutes or until bubbly and heated through.

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# Eggplant Fries

## Ingredients

- 2 large eggs
- 1/2 cup grated Parmesan cheese
- 1/2 cup toasted wheat germ
- 1 tsp. Italian seasoning
- 3/4 tsp. garlic salt
- 1 medium eggplant (about 1-1/4 pounds)
- 1 cup meatless pasta sauce, warmed

## Directions:

- Preheat broiler. In a shallow bowl, whisk eggs. In another shallow bowl, mix cheese, wheat germ and seasonings.
- Trim ends of eggplant; cut eggplant lengthwise into 1/2-in.-thick slices. Cut slices lengthwise into 1/2-in. strips. Dip eggplant in eggs, then coat with cheese mixture. Place on a baking sheet coated with cooking spray.
- Spritz eggplant with additional cooking spray. Broil 4 in. from heat 3 minutes. Turn eggplant; spritz with additional cooking spray. Broil until golden brown, 1-2 minutes. Serve immediately with pasta sauce.

