

Did you know...

Garlic salt is just what it sounds like - a mixture of garlic powder and table salt. Since salt is mixed in with the garlic powder, garlic salt has a milder garlic flavour, and the salt should be taken into consideration when adding garlic salt into recipes.

Garlic, and therefore garlic salt, is rich in antioxidants and contains anti-inflammatory and anti-fungal properties. Garlic is also known to reduce blood pressure and bad cholesterol.



Thanks to The Bulk Zone for offering the library a discount on the monthly spices.



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Spice Club



May 2024
Spice of the Month:
Garlic Salt



Italian Herb Quinoa Tart

Ingredients

- 1/2 cup quinoa
- 1 cup water
- 2 tbsp olive oil
- 1 cup leeks, sliced
- 4 eggs
- 1/2 cup ricotta
- 1 cup ricotta salatta, grated
- 1 tbsp Italian seasoning
- 2 tsp garlic salt
- 1 cup spinach
- 3 mini bell peppers, sliced into rounds

Garnish

- Balsamic vinegar

Directions:

- Preheat the oven to 375°F
- Combine quinoa and water in a small pan. Bring to a boil on medium-high heat and then reduce to a simmer. Cover and cook for 18-20 minutes. Set aside.
- While the quinoa is cooking, begin to caramelize the leeks. Heat the olive oil in a large sauté pan on medium low heat. Add the leeks and sauté slowly until soft and browned, about 5-7 minutes.
- In a separate bowl combine the cooked quinoa, eggs, ricotta, half of the grated ricotta salata, Italian seasoning and garlic salt. Mix until well combined.
- Pour the mixture into the non-stick pan with the leeks. Sprinkle in the spinach and sliced peppers. Press them into the mixture so they are slightly submerged.
- Sprinkle the remaining ricotta salata on top. Bake for 15-18 minutes or until the top is golden and cooked through.
- Enjoy hot with a splash of balsamic vinegar or at room temperature.

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Silken Tofu Aioli

Ingredients

- 1 12 ounce package tofu
- 3 cloves garlic
- 1 lemon juiced
- 2 tbsp nutritional yeast
- 2 tbsp olive oil
- 1/2 tsp garlic salt
- black pepper (to garnish)

Directions:

- Add all ingredients to a high speed blender. Begin by blending on low speed and work up to high speed until the aioli turns into a smooth creamy sauce.
- Transfer aioli to a serving dish and garnish with fresh cracked pepper. Dip away!

