

Misc.

Grilling Rub - Mediterranean Herb Rub

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Best for Shrimp, striped bass, lamb chops, boneless chicken breasts, turkey cutlets, zucchini.

For major flavor, refrigerate for a few hours before cooking.

Can be stored for up to three months in an airtight container.

Pat about two tablespoons into each pound of meat.

1/4 cup dried oregano

2 tablespoons dried oregano (additional)

2 tablespoons dried mustard

2 tablespoons ground coriander

1 tablespoon dried thyme

1 tablespoon dried sage

1 1/2 teaspoons Kosher salt

1 1/2 teaspoons black pepper

Yield: 3/4 cup

Per Serving (excluding unknown items): 111 Calories; 4g Fat (26.1% calories from fat); 4g Protein; 23g Carbohydrate; 11g Dietary Fiber; 0mg Cholesterol; 2830mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 Fat.