

OREGANO



A TASTE OF PROSCIUTTO

Ingredients:

- 4 tbsp. melted butter
- 1 drop Oregano Culinary Essential Oil
- 16 spears asparagus
- 8 slices provolone cheese
- 8 slices prosciutto

Directions:

Preheat the oven to 450°F (220°C). Line a baking sheet with aluminum foil. Add culinary essential oil to melted butter, coat asparagus. Stack provolone cheese on a slice of prosciutto. Wrap one slice of prosciutto and cheese around two asparagus spears. Place the wrapped spears on the prepared baking sheet. Bake for 5 minutes in the preheated oven. Remove and shake the pan back and forth to roll the spears over. Return to the oven for another 5 minutes, or until asparagus is tender, and prosciutto is crisp. Serve immediately.

OREGANO AND BASIL CAPRESE SALAD

Ingredients:

- 2 pints cherry or grape tomatoes, halved
- ½ pound mozzarella, cut into ½ inch cubes
- ½ cup of basil leaves, chopped and a few left whole to garnish
- 2 green onions, minced
- 2 tbsp. raw apple cider vinegar
- 1 tsp. raw honey
- 1 clove garlic, minced
- ¼ tsp. salt
- 1 drop Oregano Culinary Essential Oil
- 1 drop Basil-Sweet Culinary Essential Oil
- 1 drop Lemon Culinary Essential Oil

Directions:

In a large salad bowl toss the tomatoes, cheese, onions and basil leaves. In a smaller bowl mix the other ingredients. Pour over the salad, toss lightly until well coated. Refrigerate 2 hours or more. Garnish with whole basil leaves before serving.

SPICY ITALIAN SPREAD

Ingredients:

- ½ cup butter softened
- 1 clove garlic minced
- 1 drop Oregano Culinary Essential Oil
- 1 drop Lemon Culinary Essential Oil

Directions;

In a small bowl, whip all of the ingredients with a fork. Chill for at least 1 hour. Use on toasted gluten-free bread, steamed vegetables or mixed into cooked gluten-free pasta.

OREGANO AND BASIL DIP

Ingredients:

- ½ cucumber, peeled and cubed in tiny pieces
- 1 green onion, minced
- 1 tsp. Bragg Liquid Aminos
- 1 pint sour cream
- 1 pinch salt
- 1 drop Basil-Sweet Culinary Essential Oil
- 1 drop Oregano Culinary Essential Oil

Directions:

In a food processor, with the S blade in, mix all the ingredients except the culinary essential oils (the oils will pit your processor bowl). Remove mixture to a glass bowl, add essential oils and mix well with a fork. Let chill 1 hour and serve with a vegetable tray.