

ZATAR/ZA'ATAR

Za'atar is one of the most ancient and traditional spice blends in the world with origins in Levantine culture dating back to the 12th century. Za'atar is known and native to the Middle East because the plant has grown in the wild for as long or as old as the hills there.



There is evidence that a za'atar plant was known and used in Ancient Egypt, though its ancient name has yet to be determined with certainty. Remains of *Thymbra spicata*, one species used in modern za'atar preparations, were found in the tomb of Tutankhamun, and according to Dioscorides, this particular species was known to the Ancient Egyptians as saem.

Along with other spiced salts, za'atar has been used as a staple in Arab cuisine from medieval times to the present.

Za'atar is traditionally dried in the sun and mixed with salt, sesame seeds and sumac. It is commonly eaten with pita, which is dipped in olive oil and then za'atar. Za'atar is used as a seasoning for meats and vegetables or sprinkled onto hummus. It is also eaten with labneh (yogurt drained to make a tangy, creamy cheese), and bread and olive oil for breakfast, most commonly in Jordan, Palestine, Israel, Syria, and Lebanon, as well as other places in the Arab world.

LABNEH & ZATAR GRANOLA PARFAIT

*30 min prep & cook time
– 8 servings*



INGREDIENTS

- 2 cups uncooked regular rolled oats
 - 1/2 cup pitted dates, finely chopped
 - 1/4 cup hulled pumpkin seeds (pepitas)
 - 1/4 cup zatar
 - 2 tbsp sesame seeds
 - 1/4 tsp kosher salt
 - 1/2 cup plus 2 1/2 tbsp honey, divided
 - 2 tbsp fresh orange juice
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- 2 tbsp pomegranate molasses (can substitute a jam)
 - 6 cups labneh or plain whole-milk Greek yogurt
 - 1/2 cup pomegranate arils, for serving

INSTRUCTIONS

1. Preheat oven to 350°F. Line a rimmed baking sheet with parchment paper.
2. Stir together oats, dates, pumpkin seeds, zatar, sesame seeds, and salt in a large bowl.
3. Whisk together 2 1/2 tablespoons honey, olive oil, orange juice, and pomegranate molasses in a small bowl. Pour honey mixture over oat mixture, and stir to combine.
4. Transfer oat mixture to prepared pan, and spread in an even layer. Bake in preheated oven, stirring every 5 minutes, until oats are toasted and begin to look dry, 20 to 25 minutes. Let cool completely on baking sheet. (Granola will crisp as it cools.) Store cooled granola in an airtight container until ready to serve.
5. In each of 8 (12-ounce) glasses or bowls, layer 1/4 cup labneh, 2 tablespoons granola, 1 teaspoon pomegranate arils, and 1 teaspoon honey. Repeat 2 times in each glass with remaining labneh, granola, arils, and honey. Serve parfaits immediately.

ONE PAN ZATAR CHICKEN BAKE

*20 min prep — 35 min cook
-1 hour resting time — 3 servings*



INGREDIENTS

- 1 butternut squash, peeled and chopped into small, bite-size pieces (about 3-4 cups)
- 1 red onion, roughly chopped
- 1 lb boneless, skinless chicken breast
- 3 tbsp olive oil
- Zest of 1 lemon
- 2 tbsp lemon juice
- 2 tbsp zatar
- 1/2 tsp sea salt

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- 1/4 tsp pepper
 - zesty tahini dressing, for serving (optional)

INSTRUCTIONS

1. Preheat oven to 425°F
2. Whisk together olive oil, lemon zest, lemon juice, za'atar, salt and pepper in a small bowl to make the marinade. Reserve 2 Tablespoons to use on the veggies
3. Coat chicken in the remaining marinade and let sit for at least 30 -60 minutes and up to 24 hours; letting the chicken marinate longer will impart more flavor.
4. Toss butternut and red onion in the reserved 2 Tablespoons of marinade.
5. Add butternut and onion mixture to a large baking sheet (for easy cleanup, line sheet with parchment or a silicone liner). Create space between the veggies and place marinated chicken on the sheet as well. Place in the preheated oven, uncovered. Bake for 30-40 minutes or until butternut squash pieces are easily pierced with a fork and chicken is cooked through.
6. Serve immediately. Drizzle chicken and veggies with tahini dressing, if using.

POTATO, ONION & CHILI SHAKSHUKA WITH ZA'ATAR

2-4 servings



INGREDIENTS

- 3 tbsp olive oil, plus more for drizzling
- 550-600 g russet (baking) or red potatoes (about 3 medium), cut into 2 cm cubes
- 1 small red or green bell pepper, cut into 2 cm pieces
- 2 fresh red or green chili peppers, such as jalapeño or Anaheim, thinly sliced (omit if you don't like spice)

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- 1 small onion, diced
 - 1 tsp salt
 - 1/4 tsp ground cumin
 - A few twists of black pepper
 - 4 eggs
 - 2 tsp za'atar blend

INSTRUCTIONS

1. In a large lidded nonstick or cast-iron skillet, heat the olive oil over medium-high heat. Add the potatoes and cook, tossing frequently, until just starting to brown around the edges, 10-15 minutes.
2. Add the bell pepper, chilies, and onion and continue to cook, tossing periodically, until the potatoes are golden brown and crisp all over, another 15 minutes.
3. Add the salt, cumin, and black pepper and give everything one more toss. Make 4 wells in the potato mixture with the back of a large spoon and crack an egg into each well.

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INSTRUCTIONS *(continued)*

4. Drizzle some olive oil on top of the eggs and sprinkle with the za'atar. Cover the pan and cook until the whites are set. If you prefer a runnier yolk, you can spoon the whites gently away from the yolk so you have thinner whites that will cook faster. Remove from the heat and serve immediately.