

- **Roasted or Grilled Vegetables:** Toss with veggies with olive oil before roasting. This blend adds a sweet-savory flavor to the vegetables.
- **Pasta Dishes:** Add to pasta sauces.
- **Marinades:** Use in marinades for meats, poultry, & seafood.
- **Bread and Dough:** Add into bread dough before baking.
- **Chicken:** Rub on chicken breasts, thighs, or whole chickens before baking, grilling, or roasting. It adds a flavorful, slightly sweet crust and juicy interior.
- **Fish and Seafood:** Season fish fillets, shrimp, or scallops before grilling, baking, or pan-searing.
- **Soups and Stews:** Add to soups, stews, and chowders.
- **Rice and Grain Dishes:** Season rice, quinoa, couscous, or other grains during cooking.
- **Sautéed or Stir-Fried Dishes:** Use in sautéed or stir-fried dishes, including vegetables, meats, and tofu. It adds a robust and aromatic flavor profile.
- **Stuffed Vegetables:** Add into the filling for stuffed peppers, zucchini, tomatoes, or mushrooms.
- **Pizza and Flatbreads:** Sprinkle over homemade pizza or flatbreads before baking.
- **Potatoes:** Use the seasoning on baked potatoes, mashed potatoes, or potato wedges.
- **Burgers and Meatballs:** Mix into ground beef, turkey, or chicken before forming patties or meatballs.
- **Casseroles:** Add to casseroles such as baked pasta, shepherd's pie, or vegetable gratins.

# Garlic'n Sweet Onion



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