

- **Grilled Meats:** Rub onto chicken, lamb, pork, or beef before grilling or baking. Works well for Greek-style kebabs (souvlaki).
- **Roasted Vegetables:** Toss vegetables with olive oil and Greek Wisdom before roasting.
- **Salads:** Sprinkle onto Greek salads or mix it into vinaigrettes and dressings. It enhances the flavors of tomatoes, cucumbers, olives, and feta cheese.
- **Marinades:** Use in marinades for meats and veggies. Combine it with olive oil, lemon juice, and garlic for a Greek marinade.
- **Dips and Spreads:** Mix into yogurt to make tzatziki. It can also be added to hummus, cream cheese, or sour cream for a dip.
- **Bread and Pita:** Sprinkle on pita or flatbreads, or focaccia before baking. It can also be mixed into the dough for an herby flavor throughout.
- **Rice and Grains:** Add to rice, couscous, or quinoa during cooking to infuse the grains with Mediterranean flavors.
- **Seafood:** Season fish, shrimp, or calamari with Greek Wisdom before grilling, baking, or pan-frying.
- **Casseroles and Bakes:** Use in casseroles, such as moussaka or pastitsio, to add depth and complexity to these baked dishes.
- **Stuffed Vegetables:** Add Greek Wisdom to the stuffing mixture for stuffed peppers, tomatoes, or grape leaves (dolmades).
- **Sauces and Soups:** Mix into tomato sauces, soups, or stews. It works well in dishes like avgolemono (Greek lemon chicken soup) or tomato-based stews.

Greek Wisdom

