

# ZA'ATAR

YIELD: 5 cups (80 1 TBSP servings)

Za'atar has been a staple in Middle-Eastern cuisine for centuries. Typically, this blend includes sumac (a sour cherry-like flavor), salt, dried thyme and/or oregano, and sesame seeds. This is a versatile blend that can be used as a finishing spice (think everything bagel mix) to a grilling and roasting seasoning and everything in between.

## INGREDIENTS

- 4 cups sesame seeds, toasted until fragrant
- 2 cups dried thyme leaves
- 2 cups sumac
- 2/3 cup black pepper, ground
- 1/2 cup kosher salt

## DIRECTIONS

1. Mix all ingredients together and store in an airtight container. Keep refrigerated (due to the sesame seeds).

## RECIPE NOTES

Nutritional information per serving\*: 47 calories; 0.54 g sat. fat; 469 mg sodium; 3 g carbohydrate

*\* nutrient data and allergen information may vary depending on the specific ingredients and equipment used in your location.*