



Za'atar Spice
feastingathome.com

An authentic recipe for Za'atar Spice - a flavorful Middle Eastern Spice that can be used to season hummus, baba ganoush, vegetables, meats, etc. (My Egyptian Dad's recipe.)

Servings: 1

PREP TIME
5 MIN

TOTAL TIME
5 MIN

Ingredients

- 1 tablespoon dried thyme- crushed (or sub oregano)
- 1 tablespoon cumin (see instructions about whole or ground)
- 1 tablespoon coriander
- 1 tablespoon toasted sesame seeds
- 1 tablespoon sumac
- ½ teaspoon salt
- ¼ teaspoon or more aleppo chili flakes- optional

Nutrition

Calories 111, Total Fat 7g, Saturated Fat 0g, Trans Fat 0g, Polyunsaturated Fat 2g, Monounsaturated Fat 2g, Cholesterol 0mg, Sodium 1305mg, Total Carbohydrates 13g, Dietary Fiber 6g, Sugar 1g, Protein 4g, Vitamin A 3454IU, Vitamin C 13mg, Calcium 255mg, Iron 11mg, Phosphorous 126mg, Potassium 450mg

Cooking instructions

1. Gather all ingredients and equipment.
CCP: Wash your hands with warm water and soap for at least 20 seconds
CCP: Follow community policies for major allergens and gluten regarding identification, labeling and measures to control cross contact.
 2. Mix all the spices in a bowl until well-combined.
 3. Use as needed in parent recipes.
- Note: For the most flavor, toast whole seeds (cumin seeds and coriander seeds) until fragrant, then grind. This will make the most flavorful zaatar. If you don't have whole seeds, use ground spices.

Serving instructions

Total recipe yields 1/2 cup.

Allergens

sesame

Equipment

bowl

Notes

Recipe adapted by RecipeTree.Pro for healthcare use/food service on 3.10.25. Nutrition Facts reflect the amount of the entire recipe.

Tags

april collection, bowl, middle eastern, feasting at home.com, sub recipe