



JUNE SPICE CLUB

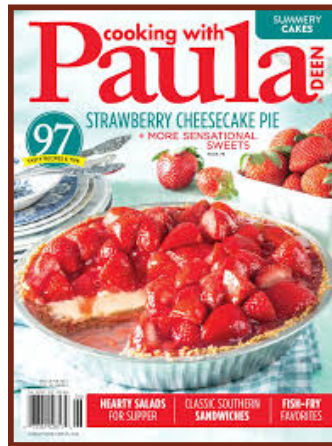
THIS MONTH'S SPICE IS

LEMON PEPPER



THE HISTORY OF LEMON PEPPER BEGINS WITH ITS HUMBLE COMPONENTS: LEMON ZEST AND CRACKED BLACK PEPPER. THIS SEASONING, CARRIES A LEGACY THAT DATES BACK TO ANCIENT CIVILIZATIONS. LEMONS WERE PRIZED FOR THEIR MEDICINAL PROPERTIES LONG BEFORE THEY BECAME CULINARY STAPLES. BLACK PEPPER WAS SO VALUED THAT IT WAS OFTEN USED AS CURRENCY. IT WASN'T UNTIL THE MODERN ERA THAT THESE INGREDIENTS MET IN THE KITCHENS OF INVENTIVE COOKS, SEEKING TO BLEND WESTERN AND EASTERN FLAVORS. THE RESULT? A VERSATILE SEASONING THAT QUICKLY BECAME A STAPLE IN SPICE CABINETS AROUND THE WORLD.

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Chicken Fiesta Salad



INGREDIENTS

- 1-1/2 teaspoons lemon-pepper seasoning
- 1-1/2 teaspoons chili powder
- 1-1/2 teaspoons dried basil
- 3/4 pound boneless skinless chicken breasts, cut into 1-inch pieces
- 4 cups torn mixed salad greens
- 2/3 cup canned black beans, rinsed and drained
- 1/4 cup thinly sliced red onion
- 1 small tomato, sliced
- 1/2 cup shredded cheddar cheese
- Tortilla chips, salsa and ranch salad dressing



DIRECTIONS



1. In a large resealable plastic bag, combine the seasonings. Add chicken, a few pieces at a time, and shake to coat.
2. Place chicken on a greased broiler pan. Broil 3-4 in. from the heat for 3-4 minutes on each side or no longer pink.
3. On two plates, arrange the salad greens, black beans, onion and tomato. Top with chicken and cheese. Serve with tortilla chips, salsa and ranch dressing.

RECIPE FROM OAK TOWN SPICE SHOP
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