



## About Wisconsin Herb Blend

The creation of the Wisconsin Herb Blend was an effort to develop a **salt-free** herb seasoning blend using perennial and annual herbs that are easily grown in Wisconsin or are readily available for purchase at many markets.

**Ingredients:** Rosemary, Basil, Onion, Lemon Balm, Parsley, Tarragon, Oregano, and Garlic.

## The Wisconsin Herb Blend May Be Used in a Variety of Ways:

- Add to your favorite vinaigrette dressing
- Mix with cream cheese for a cracker spread
- Add to sour cream for a vegetable dip or to add new flavors to baked potatoes
- Add to Alfredo or other pasta sauces
- Add to cream or stock-based soups
- Add to melted butter and toss with cooked vegetables
- Add to toasted bread crumbs and roll chicken pieces in mix before baking
- Add to meat marinades or rubs
- Add to butter or mayonnaise for use as a sandwich spread
- Add to melted butter and spread on French bread slices, then toast in oven
- Add to twice-baked potato filling
- Add to melted butter and spread on fish fillets before broiling or grilling

## Recipes

### Wisconsin Herb Blend Salad Dressing

- 2 Tbsp. Wisconsin Herb Blend
- 2 Tbsp. red wine vinegar
- 1 tsp. sugar
- ¼ tsp. fresh ground black pepper
- ½ c. sour cream
- ½ c. mayonnaise

Heat vinegar to very hot. Add Herb Blend. Let sit to cool. Stir in sugar and pepper. Stir in sour cream and mayonnaise. Whisk well. Refrigerate several hours before serving. Enjoy!

### Wisconsin Herb Blend Fettuccine Alfredo

- 1 12 oz. pkg fettuccine noodles
- 1½ c. whipping cream
- 2 heaping Tbsp. Wisconsin Herb Blend
- 3 Tbsp. butter
- ¼ tsp. fresh ground pepper
- ½ c. grated Parmesan cheese

Cook fettuccine noodles according to pkg. Drain and set aside. Bring cream to almost boiling and add Wisconsin Herb Blend. Remove from heat; cover and let steep 15 minutes. Melt butter in large pot. Add cream/herb mixture and ground pepper. Add fettuccine noodles and mix well. Heat until simmering and noodles are hot. Stir in Parmesan cheese. Serve and enjoy!

### Herbed Butter

- 2 Tbsp. Wisconsin Herb Blend
- ½ c. (1 stick) softened butter

Mix herb blend and softened butter together until well blended. Put into a small bowl or ramekin to serve. Butter may also be formed into a round shape or stick and chilled until ready to serve.

# Wisconsin Herb Blend Tips and Recipes

## (continued)

### Wisconsin Herb Blend Spread

1 8 oz. package cream cheese, softened  
2 Tbsp. Wisconsin Herb Blend

Blend ingredients thoroughly in a mixer. Refrigerate at least 4-6 hours or overnight.

Remove from refrigerator and let soften before serving. Serving suggestions: spread on crackers, spread on sandwich bread instead of mayonnaise, spread on French bread slices and bake until toasted, spread on tea sandwiches and top with fresh vegetables, spread on celery sticks, spread on toasted bagels.

### Wisconsin Herb Blend Crispy Baked Chicken

2 heaping Tbsp. Wisconsin Herb Blend  
1 tsp. Paprika  
 $\frac{1}{8}$  tsp. allspice  
 $\frac{1}{3}$  cup instant mashed potato flakes  
 $\frac{1}{3}$  cup unseasoned dry bread crumbs  
2 Tbsp. grated Parmesan cheese (optional)  
2 to 2 $\frac{1}{4}$  lbs. chicken pieces  
1 egg  
1 Tbsp. water

Mix Wisconsin Herb Blend, paprika, allspice, mashed potato flakes, bread crumbs, and Parmesan cheese together in a shallow bowl.

Dip the chicken pieces in the egg/water mixture, then roll in herb/bread crumb mixture. Place on lightly greased casserole dish. Bake at 375 degrees till chicken is baked and crumb crust is golden, about 45-60 minutes.

### Wisconsin Herb Blend Wild Rice Soup

2 Tbsp. butter  
 $\frac{3}{4}$  cup onion, chopped  
1 Tbsp. minced, crushed fresh garlic  
 $\frac{2}{3}$  c. wild rice  
 $\frac{1}{2}$  tsp. fresh ground pepper  
3 $\frac{1}{2}$  cups milk  
1 lb. mushrooms, sliced  
3 cups water  
2 $\frac{1}{2}$  Tbsp. Wisconsin Herb Blend  
 $\frac{3}{4}$  tsp. salt (or to taste)

Sauté mushrooms, onion, and garlic in butter until soft. Add water and wild rice. Bring to a boil. Reduce to slow simmer. Cover and simmer until rice is tender and water is almost absorbed.

Add Wisconsin Herb Blend, salt, and pepper. Simmer for 5 minutes. Add 3 $\frac{1}{2}$  cups milk. Simmer for 15-20 minutes more, stirring occasionally. Adjust soup to desired thickness by adding more milk, if desired. Serve hot. Makes 6-8 servings.

**Note:** *Wisconsin Herb Blend can only be purchased through the Madison Herb Society at the annual Madison Herb Fair and Garden Expo.*

