

Harvest Salad with Lemon Thyme Dressing

From Pinterest

Prep and Cooking Time: 20 minutes

Preheat oven: 400 °

Ingredients:

4 C arugula
1 C kale stem
1/2 C goats cheese
1 large sweet potato cubed and roasted
3 large carrots sliced and roasted
1/2 red apple diced
1/2 C pecans
1 TB maple syrup
1/3 C mint torn
2 tsp Dijon mustard
1 large garlic clove minced
1 lemon juiced and zested
1/2 tsp dried thyme
1/2 tsp salt
1 tsp pepper
1 C olive oil

Instructions:

Bake sweet potatoes and carrots for 30 minutes or until soft. Remove and cool completely.

In a frying pan over medium heat, add pecans and toast until browned, about 2-3 minutes. Remove from heat and add 1 TB maple syrup. Toss well making sure to evenly coat each pecan.

In a large mason jar, add Dijon mustard, minced garlic, lemon juice and zest, apple cider, 1 TB maple syrup, thyme, salt, pepper and olive oil. Shake until fully combined.

In a large bowl, add all ingredients, coat in dressing and serve!



TASTE TEST

June 2025



FRENCH THYME

French Thyme, also known as *Thymus vulgaris*, is a flavorful herb with a distinct gray-green color and a slightly sweeter taste than English Thyme. It is a hardy perennial herb. Pink or purple flowers appear in summer attracting bees. French Thyme is known for its preservative and potential medicinal uses. It tolerates foot traffic, drought and dislikes wet conditions.

FUN FACTS

One story says thyme was born from the tears of Helen of Troy, who cried so much over the Trojan War that a shrub blossomed from her tears.

It has known antibacterial benefits. You may even have seen thyme oil listed on mouthwash as thymol.



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Baked Feta with Honey and Thyme

From Allrecipes

Yields: 4 Servings

Prep Time; 20 minutes

Preheat: 400 °

Ingredients:

8 ounce good quality feta cheese, patted dry
1 1/2 to 3 tsp virgin olive oil, more for brushing
1 1/2 TB honey, more for serving
1 1/2 tsp fresh thyme leaves (or to taste)
Serve with toasted pita or naan bread

Instructions:

Preheat oven. Brush a thin layer of olive oil inside a small casserole dish. Place feta in the dish and drizzle with 1 1/2 teaspoons to 1 tablespoon olive oil, making sure the entire top is covered. You can also brush the sides, if you wish. Bake until the cheese is warm, but not melted. During this time, thin out the honey using a microwave. Approximately 10 seconds.

Remove the feta and preheat the broiler. Brush the honey evenly all over the feta, then broil until the top of the cheese browns (a little char around the edges is delicious!) Watch carefully; oven models vary greatly.

Remove from the oven and drizzle with some additional honey. Sprinkle with thyme leaves.

Serve immediately with pita or naan. The feta will firm up again as it cools, so you can return it to the oven to soften if desired.



Ready-To-Go Grilled Chicken

From The Pioneer Woman Cooks, Dinnertime

Yields: 12 Servings

Prep and Cook Time: 30 minutes

Ingredients:

12 boneless skinless chicken breasts
2 C olive oil
Juice of 12 lemons (or 2 cups lemon juice)
3 heaping TB Dijon mustard
1/2 C honey
1 TB dried thyme
1 TB ground oregano
1 /tb kosher salt
1 tsp black pepper

Instructions:

In a bowl combine olive oil, lemon juice, Dijon mustard and honey. Add thyme, oregano, salt and pepper. Whisk to combine.

Place the chicken breast in one or two large plastic bags and cover them with the marinade. Seal the bags and let them marinate in the fridge for 8-12 hours.

Grill the chicken on an outdoor grill (or indoor) on each side for 7-10 minutes, depending on thickness, until completely done.

Enjoy!

To prepare them for freezing, allow them to cool. Place chicken breast on parchment lined baking sheet and place directly in the freezer for 30-45 minutes.

From there, transfer into smaller bags and store in the freezer. Force as much air out of the bags as possible.

