

## Homemade Poultry Seasoning

From: Mandee Klein, Pinterest

Yield: 6 teaspoons

Prep: 5 minutes

### Ingredients:

4 tsp rubbed sage  
1 1/2 tsp ground dried thyme  
1 tsp ground dried marjoram  
3/4 tsp ground dried rosemary  
1/2 tsp ground nutmeg  
1/2 tsp finely ground black pepper

### Instructions:

Gather all ingredients.

Mix sage, thyme, marjoram, rosemary, nutmeg, and black pepper in a small bowl.

Transfer seasoning to an airtight glass container.

Label and store with your other spices.

**Helpful Conversion Tip:** To convert rubbed sage to dried sage, use **double** the amount of rubbed sage for ground sage, since ground sage is more concentrated.

# TASTE TEST

November 2025



Sage is an aromatic herb from the mint family.

Sage has a rich history spanning millennia, used by ancient Egyptians as a fertility drug and by Greeks and Romans for various medicinal and sacred purposes. The name “sage” comes from the Latin *salvere*, meaning “to be saved”, reflecting its long-standing reputation as a healing herb.

## FUN FACTS

Sage was used in spiritual traditions, where it was used for cleansing spaces, purifying, and connecting with the spiritual world. This sacred practice was banned in the U.S. for a time.



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## Roasted Potatoes with Sage

*From: deliciousplate.com*

*Yields: 4 servings*

*Preheat Oven: 450 °F*

*Prep and Cook Time: 40 minutes*

### **Ingredients:**

2 lbs russet potatoes, washed and peeled  
2 TB olive oil  
2 TB butter, melted  
1 tsp sea salt  
1/2 tsp garlic powder  
1/4 tsp ground black pepper  
2 tsp rubbed sage

### **Instructions:**

Preheat oven and line a baking sheet with parchment paper or brush with olive oil.

Cut the potatoes into large chunks, about 1 inch. Place the potatoes on the baking sheet. Toss them well with the oil, butter, salt, pepper and sage. Spread out into a single layer.

Bake the potatoes for 30-40 minutes, stirring once or twice while baking. Check the potatoes to make sure they are fully cooked through and golden and crisp on the outside.

Serve and enjoy!



## Classic Thanksgiving Dressing

*From: Allrecipes*

*Yields: 16 servings*

*Prep and Cook Time: 1 hour and 20 minutes*

### **Ingredients:**

1 loaf crusty Italian or French Bread, cut into 1/2 inch cubes or unflavored croutons or bread cubes  
4 TB butter  
2 onions diced  
2 stalks celery diced  
2 C low sodium chicken broth  
2 large beaten eggs  
1/4 C minced fresh parsley  
1/2 tsp rubbed sage  
1 tsp dried thyme leaves  
3/4 tsp salt  
1/2 tsp ground black pepper

### **Instructions:**

Spread the bread cubes in a single layer on 2 large baking sheets; dry for 3 hours to overnight.

Preheat oven to 400° F with oven racks in lower and upper middle positions..

Bake bread cubes in the preheated oven until golden brown, 12 to 15 minutes.

Reduce the oven temperature to 350° F.

Heat butter in a large skillet over medium-high heat. Add onions and celery; cook until soft, 8 to 10 minutes. Transfer to a large bowl.

Stir in bread cubes, chicken broth, eggs, parsley, sage, thyme, salt, and black pepper; mix well. Transfer to a baking dish and cover with aluminum foil.

Bake until steamy, about 30 minutes. Remove foil and continue baking until the top is crusty, about 10 minutes more. Serve immediately.

Enjoy!