

OREGANO

Selection Info

Choose oregano with undamaged leaves and firm stems.

Preparation

Rinse in a cool stream of water and pat dry when ready to use. Remove the leaves from stems or roll up the leaves tightly together and chop them with a nonserrated knife. Add fresh oregano to recipes toward the end of cooking to savor their flavor.

Storage

Short-Term Storage: Store fresh oregano by wrapping it in a damp paper towel and storing it in an open plastic bag in the refrigerator. You can store it this way for up to 5 days.

Long-Term Storage: Oregano can be frozen or dried.

To freeze oregano, first clean and remove the leaves from the stem. Place the leaves in single layer on a cookie sheet and freeze. Once frozen, place the leaves in labeled and dated freezer-proof bag, and place back in freezer.



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VEGETABLE CHILI

Ingredients

- 2 tablespoons vegetable oil
- 2 onions (peeled and coarsely chopped)
- 2 zucchini (summer squash) (cubed)
- 2 sweet potatoes (peeled and cubed)
- 3 cloves garlic (peeled and minced)
- 2 teaspoons ground cumin
- 2 tablespoons chili powder
- 2 teaspoons dried oregano
- 3 16-ounce cans low-sodium dark red kidney beans (drained and rinsed)
- 2 14.5-ounce cans low-sodium diced tomatoes
- 2 cups sweet corn (removed from cob)



Learn more about OREGANO by scanning the QR code above or by visiting <https://extension.purdue.edu/foodlinks/food.php?food=oregano>.

 [Share your recipes!](#)

Nutrition Information

Serving Size	2 cups
Nutrients	Amount
Total Calories	427
Protein	20g
Carbohydrates	78g
Dietary Fiber	21g
Total Fat	8g
Saturated Fat	1g
Cholesterol	0mg
Sodium	480


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