

EVERYTHING
HERBAL
by Cheryl Jabz



Bubbie's HERBAL HONEY GARLIC CHICKEN BITES

These juicy Honey Garlic Skillet Chicken Bites are coated in a sweet and savory honey garlic glaze with fragrant herbs. Fresh garlic, thyme, rosemary, parsley, and a touch of ground ginger create a flavorful meal that's ready in about 30 minutes. It's perfect served over rice, mashed potatoes, roasted vegetables, or a fresh salad.



HEALTH BENEFITS



Garlic may support heart health and immune function.



Ground Ginger is traditionally used to aid digestion and may help with occasional nausea.



Thyme contains antioxidant compounds and has long been used in herbal traditions for respiratory support.



Rosemary provides antioxidants and adds a robust, woody flavor.



Parsley is a good source of vitamins A, C, and K.



PREP TIME:
10 minutes



COOK TIME:
18–20 minutes



TOTAL TIME:
30 minutes



TIP: For extra brightness, stir in 1 teaspoon of fresh lemon zest just before serving. It complements the honey, garlic, and herbs without overpowering the glaze.

INGREDIENTS

CHICKEN:

- 1½ pounds boneless, skinless chicken breasts, cut into 1-inch pieces
- 2 tbsp. olive oil & 1 tbsp. butter
- 1 tsp. garlic powder & 1 tsp. onion powder
- 1 tsp. dried parsley & 1 tsp. dried thyme
- ½ teaspoon dried rosemary, crushed
- ½ tsp. ground ginger & ½ tsp. smoked paprika
- ½ tsp. sea salt & ¼ tsp. black pepper

HONEY GARLIC HERB SAUCE:

- ⅓ cup honey & ¼ cup low-sodium soy sauce
- 5 cloves garlic, minced
- 1 tablespoon apple cider vinegar or fresh lemon juice
- 1 tablespoon butter
- 1 teaspoon Dijon mustard (optional, for extra depth)
- 1 teaspoon cornstarch mixed with 1 tablespoon cold water (optional, for a thicker sauce)

INSTRUCTIONS

- 1 Pat the chicken dry and season with the garlic powder, onion powder, parsley, thyme, rosemary, ground ginger, smoked paprika, salt, and pepper.
- 2 Heat the olive oil and butter in a large skillet over medium-high heat. Add the chicken in a single layer and cook for 4–5 minutes without stirring. Turn and cook another 4–5 minutes until golden brown and the internal temperature reaches 165°F (74°C).
- 3 Reduce the heat to medium. Add the butter and minced garlic to the skillet and cook for about 30 seconds until fragrant. Stir in the honey, soy sauce, apple cider vinegar (or lemon juice), and Dijon mustard, if using. Simmer for 2–3 minutes.
- 4 If you'd like a thicker glaze, stir in the cornstarch slurry and cook another 1–2 minutes until glossy. Sprinkle with fresh parsley and sesame seeds before serving.

GARNISH

1 tablespoon fresh parsley, chopped
& 1 teaspoon sesame seeds (optional)

Simple ingredients.
Herbal goodness.
Made with love. 



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