

Cheryl's HERBAL ALFREDO

with Pasta

A creamy, comforting Alfredo made with real cheese, garlic, and a blend of healing herbs for flavor and nourishment.

MADE WITH
REAL INGREDIENTS
& HERBS

EVERYTHING
HERBAL
by Cheryl Jabz



COMFORT
FOOD MADE
WITH REAL
INGREDIENTS



PREP TIME
10 MIN



COOK TIME
15 MIN



SERVINGS
4

INGREDIENTS

- 12 oz fettuccine or pasta of choice
- 2 tbsp olive oil
- 4 cloves garlic, minced
- 2 tbsp unsalted butter
- 1 1/2 cups heavy cream
- 1 cup whole milk
- 1 cup grated Parmesan cheese
- 1/2 cup shredded mozzarella (optional)
- 1 tsp dried basil
- 1 tsp dried oregano
- 1/2 tsp dried thyme
- 1/2 tsp dried parsley
- 1/4 tsp dried rosemary, crushed
- 1/2 tsp sea salt (or to taste)
- 1/4 tsp black pepper (or to taste)
- 1/4 tsp red pepper flakes (optional)
- Fresh parsley for garnish (optional)

HERBS with BENEFITS

Basil supports digestion and is rich in antioxidants.

Oregano is known for its immune support and antibacterial properties.

Garlic helps support the immune system and heart health.

INSTRUCTIONS

- 1 COOK PASTA:** Cook pasta in salted boiling water according to package directions until al dente. Reserve 1/2 cup pasta water, then drain.
- 2 SAUTÉ GARLIC:** While pasta cooks, heat olive oil and butter in a large skillet over medium heat. Add minced garlic and sauté for 1–2 minutes until fragrant (do not burn).
- 3 ADD CREAM & MILK:** Pour in heavy cream and milk. Whisk and bring to a gentle simmer.
- 4 ADD CHEESES:** Stir in Parmesan cheese and mozzarella (if using) until melted and sauce is smooth.
- 5 HERBS & SEASONING:** Add basil, oregano, thyme, parsley, rosemary, salt, black pepper, and red pepper flakes. Stir well and simmer for 2–3 minutes.
- 6 ADJUST SAUCE:** If sauce is too thick, add reserved pasta water a little at a time until you reach your desired consistency.
- 7 COMBINE:** Add cooked pasta to the skillet and toss to coat evenly with the herbal Alfredo sauce.
- 8 GARNISH & SERVE:** Garnish with fresh parsley and extra Parmesan if desired. Serve warm and enjoy!

CHEF'S TIP

For even more flavor, let the sauce simmer a little longer and add an extra splash of cream before serving.



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♥ Simple ingredients. Herbal goodness. Pure comfort.

♥ EVERYTHING HERBAL BY CHERYL JABZ ♥