

Cheryl's

HERBAL SKILLET BARBECUE CHICKEN BITES

with ground ginger 

DESCRIPTION

Ground ginger adds a warm, slightly sweet flavor that pairs beautifully with barbecue sauce. It gives these chicken bites a subtle zing while complementing the smoky herbs and spices.



INGREDIENTS





- 1½ lbs boneless, skinless chicken breast, cut into bite-size pieces
- 1 tbsp olive oil
- 1 tbsp butter
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp smoked paprika
- 1 tsp dried parsley
- ½ tsp dried thyme
- ½ tsp dried oregano
- ½ tsp ground ginger
- ½ tsp sea salt
- ¼ tsp black pepper
- ¾ cup barbecue sauce
- 1 tbsp honey (optional)
- 1 tbsp fresh parsley, chopped



INSTRUCTIONS

- 1 Combine chicken, garlic powder, onion powder, paprika, parsley, thyme, oregano, ground ginger, salt, and pepper in a bowl. Toss well.
- 2 Heat olive oil and butter in a large skillet over medium-high heat.
- 3 Add chicken in a single layer and cook 4–5 minutes until browned.
- 4 Turn chicken and cook another 4–5 minutes until fully cooked.
- 5 Reduce heat to medium-low and stir in barbecue sauce and honey.
- 6 Simmer for 2–3 minutes until the sauce thickens and coats the chicken.
- 7 Garnish with fresh parsley and serve.


HEALTH BENEFITS

-  Ground Ginger – Traditionally used to support digestion and help reduce occasional nausea.
-  Parsley – Provides vitamins A, C, and K.
-  Garlic – Contains beneficial sulfur-containing compounds.
-  Thyme & Oregano – Rich in antioxidant compounds.

SERVING IDEAS

-  Serve over rice or cauliflower rice.
-  Spoon onto baked sweet potatoes.
-  Wrap in tortillas with lettuce and tomatoes.
-  Serve alongside a crisp garden salad.


 SERVES: 4–6

 PREP TIME:
10 minutes

 COOK TIME:
15 minutes

 TOTAL TIME:
25 minutes



For an even richer flavor, add ¼ teaspoon cinnamon along with the ginger—the combination works surprisingly well with barbecue sauce. 



 SIMPLE INGREDIENTS. HERBAL GOODNESS. MADE WITH LOVE. 

EVERYTHING
HERBAL
by Cheryl Jabz



MADE WITH
REAL INGREDIENTS
& HERBS