



Simple • Natural • Homemade

OREGANO'S

3 Most Popular Recipes

Oregano adds a bold, aromatic flavor to both savory dishes and refreshing drinks. Enjoy these tried-and-true favorites!



Bold Flavor
Many Benefits

ABOUT OREGANO



Oregano is more than just a delicious herb—it's packed with antioxidants, supports immune health, and may help fight inflammation. A must-have herb in the kitchen and wellness routine!

SCAN TO
EXPLORE
MORE RECIPES!



DOWNLOAD
THIS PAGE



1



OREGANO TEA



Ingredients:

- 1 teaspoon dried oregano (or 1 tablespoon fresh leaves)
- 2 cups hot water
- Honey or lemon (optional)

Instructions:

- Add oregano to hot water.
- Steep for 8–10 minutes.
- Strain and enjoy warm.
- Add honey or lemon if desired.

 **Benefits:** Supports immune health, soothes digestion, relieves cough, and has anti-inflammatory properties.

2



OREGANO ROASTED POTATOES



Ingredients:

- 4 medium potatoes, cubed
- 2 tablespoons olive oil
- 2 teaspoons dried oregano
- 1 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

Instructions:

- Preheat oven to 425°F (220°C).
- Toss potatoes with olive oil, oregano, garlic powder, salt, and pepper.
- Spread on a baking sheet.
- Roast for 25–30 minutes, flipping halfway, until golden and tender.

 **Benefits:** Oregano adds antioxidants and may help reduce inflammation while giving dishes a bold, savory flavor.

3



OREGANO GREEK SALAD



Ingredients:

- 4 cups mixed greens
- 1 cup cherry tomatoes, halved
- 1 cucumber, sliced
- 1/4 red onion, sliced
- 1/2 cup olives
- 1/2 cup feta cheese
- 1 teaspoon dried oregano
- 2 tablespoons olive oil
- 1 tablespoon red wine vinegar
- Salt & pepper to taste

Instructions:

- In a bowl, whisk olive oil, red wine vinegar, oregano, salt, and pepper.
- In a large bowl, combine greens, tomatoes, cucumber, onion, olives, and feta.
- Drizzle dressing over salad and toss gently.
- Serve fresh and enjoy!

 **Benefits:** Oregano enhances flavor while providing antioxidants and supporting overall wellness.

Made with Herbs • Made with Love



DOWNLOAD THIS PAGE

Print • Save • Share

SCAN TO
EXPLORE
MORE RECIPES!



EVERYTHING
Herbal
by Cheryl Jabz

www.EverythingHerbalbyCherylJabz.com



This information is for educational purposes only and is not intended to diagnose, treat, cure, or prevent any disease. Always consult with a qualified healthcare professional before using herbs, especially if pregnant, nursing, or on medication.