



Everything Herbal

— by Cheryl Jabz —

» Knowledge. Nature. Wellness. «



SAGE'S 3 MOST POPULAR RECIPES

Savory. Earthy. Naturally Herbal.



Sage is a fragrant, earthy herb with a long history in both the kitchen and herbal traditions. Known for its warm, savory flavor, sage enhances countless recipes and has been cherished for centuries for its grounding and balancing qualities.



Savory
Favorite



Kitchen
Classic



Aromatic
Herb



1

BROWN BUTTER SAGE PASTA

A simple yet elegant pasta tossed in nutty brown butter and crisp sage for a comforting, flavorful dish.

KEY INGREDIENTS

- Pasta
- Butter
- Fresh Sage
- Parmesan
- Salt
- Pepper

WHY YOU'LL LOVE IT

Simple, elegant, and full of rich savory flavor.



2

GARLIC SAGE CHICKEN

Juicy chicken seared to golden perfection with garlic and sage for a dish that's easy, wholesome, and full of flavor.

KEY INGREDIENTS

- Chicken
- Fresh Sage
- Garlic
- Olive Oil or Butter
- Salt
- Pepper

WHY YOU'LL LOVE IT

Juicy, comforting, and perfect for easy dinners.



3

SAGE STUFFING

A rustic stuffing made with aromatic sage, hearty bread cubes, and classic vegetables. The perfect side for holidays or cozy suppers.

KEY INGREDIENTS

- Bread Cubes
- Sage
- Onion
- Celery
- Butter
- Broth
- Seasonings

WHY YOU'LL LOVE IT

Warm, classic, and ideal for holiday meals or cozy suppers.

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Save it, print it, and keep your favorite sage recipes on hand!



SCAN ME

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Learn Herbs
Discover the wisdom of plants.



Cook Naturally
Wholesome recipes for everyday meals.



Live Well
Nourish body, mind, and spirit.



Share Goodness
Pass along knowledge and kindness.