



Everything Herbal

by Cheryl Jabz

Knowledge. Nature. Wellness.

PARSLEY'S 3 MOST POPULAR RECIPES



PARSLEY

Parsley is a fresh, bright herb loved for its clean flavor and versatility. It adds color and garden-fresh taste to many savory dishes and is often used in sauces, salads, and side dishes.



Fresh Flavor



Kitchen Favorite



Versatile Herb

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1

GARLIC PARSLEY POTATOES

Roasted baby potatoes tossed with garlic, olive oil, and fresh parsley.

KEY INGREDIENTS:

- Baby potatoes
- Fresh parsley
- Garlic
- Olive oil
- Salt
- Pepper

WHY YOU'LL LOVE IT:

Simple, savory, and perfect as an easy side dish.



2

PARSLEY CHIMICHURRI

A bright herb sauce made with parsley, garlic, olive oil, vinegar, and seasonings.

KEY INGREDIENTS:

- Fresh parsley
- Garlic
- Olive oil
- Red wine vinegar
- Oregano
- Red pepper flakes
- Salt

WHY YOU'LL LOVE IT:

Fresh, zesty, and delicious on meats, vegetables, or bread.



3

LEMON PARSLEY RICE

Fluffy rice finished with lemon juice, parsley, and a touch of butter or olive oil.

KEY INGREDIENTS:

- Cooked rice
- Fresh parsley
- Lemon juice
- Butter or olive oil
- Garlic
- Salt, pepper

WHY YOU'LL LOVE IT:

Light, flavorful, and a wonderful side for everyday meals.



LEARN HERBS

Discover the power of plants.



COOK NATURALLY

Simple, wholesome and delicious.



LIVE WELL

Nourish your body, mind, and spirit.



SHARE GOODNESS

Inspire others. Grow together.



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