



HERBAL
GOODNESS
in every bite!

DAILY

Herbal Treat

NOURISH YOUR BODY. BRIGHTEN YOUR DAY. 



TODAY'S HIGHLIGHT:

GARLIC BASIL CHICKEN WITH TOMATOES & SPINACH

Juicy chicken, tomatoes, spinach, garlic and fresh basil create a colorful, flavorful skillet dinner. 

INGREDIENTS:

- 4 boneless chicken breasts
- 2 Tbsp olive oil
- 3 garlic cloves, minced
- 1 tsp dried oregano
- 1 tsp dried thyme
- 2 cups cherry tomatoes, halved
- 3 cups fresh spinach
- 1/2 cup chicken broth
- 1/4 cup fresh basil, sliced
- Salt and pepper to taste

HOW TO MAKE:

- 1 Heat olive oil in a large skillet.
- 2 Season chicken with oregano, thyme, salt and pepper.
- 3 Cook chicken 5–6 minutes per side; remove.
- 4 Add garlic and tomatoes; stir in spinach and broth.
- 5 Return chicken, simmer 5 minutes and garnish with basil.

HERBAL BENEFITS:



PROTEIN-RICH

Chicken provides satisfying protein.



COLORFUL VEGETABLES

Tomatoes and spinach add color and flavor.



FRESH & HERBAL

Basil, oregano and thyme add fragrant garden flavor.



ONE-SKILLET EASY

A complete dinner with simple cleanup.



*Simple ingredients.
Fresh garden flavor.*



TINY HERBAL TIP

Add the fresh basil at the very end to preserve its color and aroma.



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*Thank you for being
part of this herbal
wellness journey!*

