



# Everything Herbal

by Cheryl Jabz

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## My Favorite GARLIC BUTTER SPINACH & SWEET PEPPERS with Dill & Parsley

A quick, buttery vegetable side dish  
packed with color and fresh herb flavor.



### INGREDIENTS:



- 2 - 8 oz. bags fresh baby spinach
- 1/2 red bell pepper, sliced or diced
- 1/2 yellow bell pepper, sliced or diced
- 1/2 orange bell pepper, sliced or diced
- 3 tablespoons butter
- 3-4 garlic cloves, minced
- 1 teaspoon dried dill  
(or 1 tablespoon fresh dill)
- 2 tablespoons fresh parsley, chopped
- Salt & pepper to taste

*Optional:* pinch of paprika or  
red pepper flakes for extra flavor.



For a richer version, add a splash of  
heavy cream at the end for a creamy  
garlic herb vegetable skillet. ♥



### INSTRUCTIONS:

- 1 Heat a large skillet over medium heat.
- 2 Add the butter and let it melt.
- 3 Stir in the minced garlic and cook for about 30 seconds until fragrant.
- 4 Add the sliced peppers and sauté for 5-7 minutes until slightly softened but still colorful.
- 5 Stir in the dill, salt, black pepper, and optional paprika.
- 6 Add the baby spinach a handful at a time, stirring until wilted.
- 7 Sprinkle in the fresh parsley and toss everything together.
- 8 Cook another 1-2 minutes, then serve warm.

### SERVING IDEAS:

This pairs well with:

Grilled chicken • Steak • Pasta • Rice • Roasted potatoes.

### OPTIONAL ADD-INS:

Parmesan cheese • Mushrooms • Onions •  
Lemon juice • Crumbled feta cheese.



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