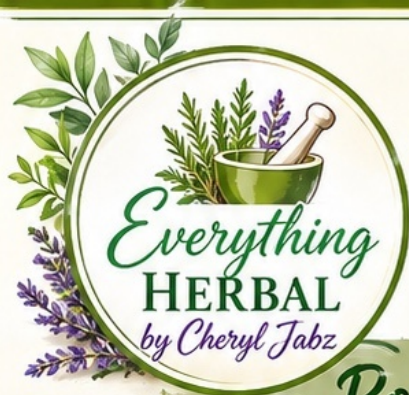




RECIPE OF THE DAY

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Rosemary Garlic Roasted Potatoes

*A simple, savory side dish
bursting with fresh herb flavor.*



INGREDIENTS

- 2 lbs baby potatoes, halved
- 3 tbsp olive oil
- 4 garlic cloves, minced
- 1 tsp dried rosemary (or 1 tbsp fresh, chopped)
- 1 tsp dried thyme
- 1 tsp parsley
- 1 tsp paprika
- Salt and black pepper to taste
- 2 tbsp grated Parmesan (optional)
- Fresh parsley for garnish

DIRECTIONS

- 1 Preheat oven to 425°F.
- 2 In a large bowl, toss potatoes with olive oil, garlic, rosemary, thyme, parsley, paprika, salt, and pepper.
- 3 Spread potatoes in a single layer on a baking sheet.
- 4 Roast for 35–45 minutes, turning halfway through, until golden brown and crispy.
- 5 Sprinkle with Parmesan cheese and fresh parsley before serving.

HERBAL BENEFITS



Rosemary – Traditionally used to support memory and contains antioxidant compounds.



Thyme – Traditionally used to support respiratory wellness.



Parsley – A good source of vitamins A, C, and K.

BIBLE VERSE

Psalm 104:14 (KJV)

“He causeth the grass to grow for the cattle, and herb for the service of man...”

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