



Everything
HERBAL
by
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The Benefits of **COOKING CHICKEN** *with Herbs*



Chicken is a lean, versatile protein that's a favorite in kitchens everywhere. When you add herbs, you not only bring out incredible flavor, but also unlock amazing health benefits for you and your family.

WHY HERBS MAKE CHICKEN EVEN BETTER



1. NATURAL FLAVOR BOOST

Herbs like rosemary, thyme, basil, and oregano enhance chicken's natural flavor without the need for heavy sauces or extra salt.



2. RICH IN ANTIOXIDANTS

Many herbs are packed with antioxidants that help protect your cells from damage and support overall wellness.



3. SUPPORTS DIGESTION

Herbs such as thyme, rosemary, and parsley can help stimulate digestive enzymes and reduce bloating.



4. HEART-HEALTHY CHOICE

Using herbs allows you to cut back on salt and unhealthy fats while still creating delicious, satisfying meals.



5. ANTI-INFLAMMATORY PROPERTIES

Herbs like turmeric, ginger, and rosemary contain natural compounds that may help reduce inflammation in the body.



6. SUPPORTS IMMUNE HEALTH

Garlic, oregano, and thyme contain compounds that can help strengthen the immune system.



7. ADDS ESSENTIAL NUTRIENTS

Herbs provide vitamins, minerals, and plant compounds that add nutritional value without extra calories.



8. COMFORT FOOD, MADE HEALTHY

Herb-seasoned chicken creates comforting, wholesome meals the whole family will love—naturally!

BEST HERBS FOR CHICKEN

- ♥ ROSEMARY – Perfect for roasting and grilling
- ♥ THYME – Great for baked and slow-cooked dishes
- ♥ OREGANO – Adds Italian-inspired deliciousness
- ♥ BASIL – Wonderful in marinades and sautés
- ♥ PARSLEY – Brightens flavor and adds color
- ♥ GARLIC – A timeless classic with powerful benefits



*Simple herbs.
Real food.
Wholesome
living.* ♥

Explore more herbal recipes & tips on my blog!



SCAN TO VISIT THE BLOG ♥