

THE BENEFITS OF *Cooking Pasta*



DISHES WITH HERBS



Herbs do more than add flavor—*they bring healing power to every bite.*

From supporting digestion to boosting immunity, cooking pasta dishes with herbs turns a simple meal into nourishment for your body and soul.



RICH IN NUTRIENTS

Herbs are packed with vitamins, minerals, and antioxidants that support overall health and help fight free radicals.



AIDS DIGESTION

Herbs like basil, oregano, and thyme help soothe the digestive system and may reduce bloating and gas.



SUPPORTS HEART HEALTH

Many herbs, such as rosemary and garlic, help promote healthy circulation and maintain healthy blood pressure.



BOOSTS IMMUNITY

Herbs like oregano, thyme, and parsley have natural antimicrobial and anti-inflammatory properties.



NATURAL FLAVOR ENHANCER

Herbs elevate the taste of pasta dishes, reducing the need for extra salt, sugar, or unhealthy fats.



SUPPORTS MOOD & WELL-BEING

Herbs like basil and rosemary may help reduce stress and support mental clarity and focus.



HELPS WEIGHT MANAGEMENT

Herb-seasoned meals are naturally low in calories and high in flavor—perfect for a balanced diet.



ANTI-INFLAMMATORY BENEFITS

Herbs such as turmeric, ginger, and rosemary may help reduce inflammation and support joint health.

Simple Herbs, Big Impact!

Try adding these herbs to your pasta dishes:

- ✿ Basil – rich in antioxidants
- ✿ Oregano – immune booster
- ✿ Garlic – heart healthy
- ✿ Parsley – detoxifying
- ✿ Thyme – antimicrobial
- ✿ Rosemary – improves circulation
- ✿ Sage – anti-inflammatory
- ✿ Dill – aids digestion



Eat well. Live well.

Herbs make it better!



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