



Everything
Herbal
by Cheryl Jabz



Garlic Herb Rice Bowl

A comforting herb-packed bowl with tender protein, spinach, cucumber, and a creamy lemon herb yogurt sauce.

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THIS RECIPE

INGREDIENTS

- 2 cups cooked rice
- 1 lb chicken or shrimp
- 2 cups spinach
- 1 cucumber, sliced
- 2 garlic cloves
- Olive oil

LEMON HERB YOGURT SAUCE

- 1/2 cup Greek yogurt
- Juice of 1/2 lemon
- 1 tsp dill
- 1/2 tsp garlic powder
- Salt & pepper



INSTRUCTIONS

- 1 Cook chicken or shrimp with olive oil, garlic, salt, and pepper.
- 2 Sauté spinach with garlic until wilted.
- 3 Mix the sauce ingredients together.
- 4 Assemble bowls with rice, protein, spinach, cucumbers, and sauce.

Herbal Tip

Great warm or chilled, and easy to customize with extra herbs or veggies.

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