

VOLUME 3

PASTA DISHES WITH HERBS

Everything Herbal

— by —
Cheryl Jabz

Cheryl's Garlic Herb Chicken Pasta

Made with
Herbs,
Love &
Good Food

A creamy, savory pasta dish made with tender chicken, garlic, Parmesan, herbs, and a silky sauce for a comforting meal full of homemade flavor.

SERVES 4-6

INGREDIENTS

- 12 oz penne or fettuccine
- 2 boneless skinless chicken breasts, sliced or cubed
- 2 tbsp olive oil
- 1 tbsp butter
- 4 cloves garlic, minced
- 1 tsp dried basil
- 1 tsp dried parsley
- 1/2 tsp dried oregano
- 1/2 tsp dried thyme
- 1/2 tsp onion powder
- 1/2 tsp sea salt, or to taste
- 1/4 tsp black pepper
- 1 cup heavy cream
- 3/4 cup chicken broth
- 1 cup grated Parmesan cheese
- 1/2 cup shredded mozzarella cheese (optional)
- 2 cups spinach (optional)
- 1 tbsp fresh parsley, chopped
- Red pepper flakes for garnish (optional)

INSTRUCTIONS

1. Cook pasta according to package directions until al dente. Drain and set aside.
2. Season chicken with basil, parsley, oregano, thyme, onion powder, salt, and pepper.
3. Heat olive oil and butter in a large skillet over medium heat.
4. Add chicken and cook until golden and cooked through.
5. Stir in garlic and cook 30 seconds until fragrant.
6. Pour in chicken broth and heavy cream. Stir and bring to a gentle simmer.
7. Add Parmesan cheese and mozzarella if using. Stir until smooth and creamy.
8. Add spinach if using and cook until wilted.
9. Add cooked pasta and toss until fully coated in the sauce.
10. Garnish with fresh parsley and red pepper flakes if desired. Serve warm.

OPTIONAL ADD-INS

Try mushrooms, sun-dried tomatoes, broccoli, or a squeeze of lemon for extra flavor.



HERBAL NOTES • BENEFITS

Garlic, parsley, basil, oregano, and thyme add savory flavor plus natural plant compounds that make this dish warm, aromatic, and satisfying.

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