

CLASSIC Greek HERBAL RECIPES

Everything
HERBAL
By Cheryl Jabz



NATURAL • FAITH • WELLNESS

Classic Greek herbal recipes that highlight the fresh herbs used throughout traditional Greek cooking. Greek cuisine commonly features oregano, dill, mint, parsley, rosemary, thyme, and bay leaves, combined with olive oil, garlic, and lemon.

HERBS OF GREECE



OREGANO

Adds bold flavor and is rich in antioxidants.



DILL

Bright and feathery, perfect for yogurt, seafood & salads.



MINT

Cool and refreshing, ideal for dips, drinks & desserts.



PARSLEY

Fresh and vibrant, rich in vitamins A, C & K.



ROSEMARY

Earthy and fragrant, great for roasting meats and potatoes.



THYME

Warm and subtle, perfect in soups, stews & roasted dishes.



BAY LEAVES

Aromatic and savory, adds depth to traditional recipes.



GREEK LEMON HERB CHICKEN

Herbs: Oregano, Rosemary, Thyme

Roast chicken with olive oil, lemon, garlic, potatoes, and herbs until golden and tender.



SPANAKOPITA (GREEK SPINACH PIE)

Herbs: Dill, Parsley, Mint

Layer flaky phyllo with spinach, feta, eggs, and fresh herbs, then bake until crisp.



TZATZIKI

Herbs: Dill, Mint

Creamy yogurt with cucumber, garlic, olive oil, dill, and a touch of mint. Perfect as a dip or sauce.



GREEK VILLAGE SALAD (HORIATIKI)

Herbs: Oregano

Tomatoes, cucumber, red onion, olives, and feta tossed with olive oil and dried oregano.



GREEK LEMON HERB POTATOES

Herbs: Oregano, Rosemary, Thyme

Roasted potato wedges with garlic, lemon juice, olive oil, and herbs until crispy and flavorful.



LAMB WITH LEMON & OREGANO

Herbs: Oregano, Rosemary, Bay Leaf

Slow-roast lamb with garlic, lemon, olive oil, and herbs for a classic Greek meal.



FASOLAKIA (GREEK GREEN BEANS)

Herbs: Parsley, Oregano

Simmered green beans with tomatoes, onions, garlic, olive oil, and herbs until tender.



SPANAKORIZO (SPINACH & RICE)

Herbs: Dill, Parsley, Mint

Spinach and rice cooked with onions, olive oil, fresh herbs, and a squeeze of lemon.

Fresh Herbs • Olive Oil • Garlic • Lemon
The Heart of Greek Cooking!



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NATURAL INGREDIENTS



FAITH INSPIRED



HERBAL LIVING



MADE WITH LOVE



Psalm 104:14 (KJV)

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

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