

SAGE HERB CHICKEN

Tender, juicy chicken seasoned with aromatic sage, garlic, and savory herbs, then roasted or baked until golden brown.

MADE WITH
REAL INGREDIENTS
& HERBS



PREP TIME
10 MIN



COOK TIME
25-30 MIN



SERVINGS
4

INGREDIENTS

- 4 boneless chicken breasts
- 2 tablespoons olive oil
- 1 tablespoon chopped fresh sage
- 1 teaspoon thyme
- 1 teaspoon garlic powder
- ½ teaspoon salt
- ¼ teaspoon black pepper

HERBS with BENEFITS

Sage: Supports digestion & memory

Thyme: Rich in antioxidants & supports immunity

Garlic: Supports heart health & immune system

INSTRUCTIONS

- 1 Combine olive oil and seasonings.
- 2 Rub mixture over chicken.
- 3 Let marinate for 20 minutes.
- 4 Bake at 400°F (204°C) for 25-30 minutes or until fully cooked.
- 5 Rest for 5 minutes before serving.

Serves: 4



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