



The Benefits of USING HERBS IN SALAD

*Fresh flavor, natural goodness, and
garden-inspired nutrition in every bite.*

1 WHY ADD HERBS TO SALAD?

Fresh herbs do more than add color—they brighten flavor, bring natural aroma, and add a wholesome touch to everyday salads. They can turn a simple bowl of greens into a vibrant, refreshing dish.

2 TOP BENEFITS



Boosts Flavor Naturally

Herbs add bold, fresh taste without needing extra salt or heavy dressings.



Adds Nutrients

Many herbs contain vitamins, minerals, and plant compounds that support wellness.



Supports Digestion

Herbs like parsley, mint, and dill can make meals feel lighter and more refreshing.



Brings Variety

Changing up herbs creates new salad flavors and keeps meals interesting.



Enhances Freshness

Basil, cilantro, chives, and oregano give salads a garden-fresh taste and aroma.



3 BEST HERBS FOR SALADS

PARSLEY



fresh and clean

BASIL



sweet and fragrant

DILL



bright and tangy

CILANTRO



bold and lively

CHIVES



mild onion flavor

MINT



cool and refreshing

4 EASY WAYS TO USE THEM

- ✦ Toss chopped herbs directly into greens.
- ✦ Mix herbs into homemade vinaigrettes.
- ✦ Sprinkle over cucumber, pasta, or potato salads.
- ✦ Combine several herbs for a layered flavor boost.



*Scan to explore
MORE HERBAL
RECIPES & TIPS!*



**DOWNLOAD
THIS PAGE**

www.EverythingHerbalbyCherylJabz.com

Print * Save * Share