

EVERYTHING *Herbal*

by Cheryl Jabz

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Fenugreek & Herb Chicken

High in protein. Flavorful without heavy sauces. Pairs well with vegetables or brown rice.

INGREDIENTS

- 2 boneless chicken breasts
- 1 tsp olive oil
- ½ tsp ground fenugreek
- ½ tsp paprika & ½ tsp garlic powder
- ½ tsp thyme
- Salt and pepper to taste

INSTRUCTIONS

- 1 Preheat oven to 400°F (205°C).
- 2 Rub chicken with oil and seasonings.
- 3 Bake for 20–25 minutes or until cooked through.
- 4 Rest 5 minutes before serving.



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