



HERBAL
GOODNESS
in every bite!

DAILY Herbal Treat

NOURISH YOUR BODY. BRIGHTEN YOUR DAY. ♥



TODAY'S HIGHLIGHT:

HONEY THYME CHICKEN WITH CARROTS & POTATOES

Juicy chicken, golden potatoes, sweet carrots, garlic, honey, lemon, thyme and rosemary create a cozy one-pan dinner. ♥



INGREDIENTS:

- 4 boneless chicken breasts
- 1 lb baby potatoes, halved
- 3 large carrots, sliced
- 2 Tbsp olive oil
- 2 garlic cloves, minced
- 1 Tbsp raw honey
- 1 Tbsp lemon juice
- 1 tsp fresh thyme leaves
- 1 tsp fresh rosemary, chopped
- Salt and pepper to taste

HOW TO MAKE:

- 1 Heat oven to 400°F.
- 2 Whisk oil, honey, lemon, garlic and herbs.
- 3 Toss vegetables with half the mixture.
- 4 Coat chicken with the rest; arrange on pan.
- 5 Roast 30–35 minutes, until chicken reaches 165°F.

Simple ingredients.
Cozy garden flavor. ♥



TINY HERBAL TIP

Spread vegetables in one layer so they brown instead of steam.



Sharing herbal knowledge, recipes & natural living to help you thrive — naturally! ♥

HERBAL BENEFITS:



PROTEIN-RICH

Chicken provides satisfying protein.



COLORFUL VEGETABLES

Carrots and potatoes make a hearty side.



FRESH & HERBAL

Thyme and rosemary add fragrant flavor.



ONE-PAN EASY

A complete dinner with simple cleanup.

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Thank you for being
part of this herbal
wellness journey! ♥