



Everything Herbal

by Cheryl Jabz



Why Cooking Chicken with Herbs Is One of the Healthiest Choices You Can Make

1 Add Flavor Naturally While Supporting Your Well-Being

Herbs help make chicken delicious and provide antioxidants, vitamins, and plant compounds that support overall health.

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Herbs can transform roasted, grilled, baked, or slow-cooked chicken.



2 Supports Healthy Digestion

Several herbs traditionally used in cooking may support digestion.

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Excellent digestive herbs include: parsley, dill, basil, oregano, thyme.



3 Fresh Herbs Add Color and Nutrition

Fresh herbs make meals more appealing while adding fresh flavor.

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Beautiful finishing herbs include: parsley, chives, dill, cilantro, basil.



4 Herbs Add Incredible Flavor Without Extra Salt

Herbs naturally boost flavor and can help reduce reliance on excess salt or heavy sauces.

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Favorite herbs include: rosemary, thyme, oregano, parsley, basil, sage, dill, and tarragon.



5 Helps Reduce the Need for Heavy Sauces

Herb-seasoned chicken is naturally flavorful and pairs beautifully with garlic, lemon, olive oil, butter, and fresh vegetables.



6 Supports Heart-Healthy Cooking

Herbs pair perfectly with ingredients like extra virgin olive oil, garlic, lemon, and fresh vegetables for wholesome meals.



7 Herbs Pair with Nearly Every Chicken Dish

From herb roasted chicken to soups, pastas, bowls, salads, and slow cooker meals—the possibilities are endless!



8 Rich in Natural Antioxidants

Many culinary herbs such as oregano, rosemary, thyme, and sage contain plant compounds that help support healthy aging, immune function, heart health, and overall wellness.



9 Herbs Make Every Cooking Method Better



Grilling: Rosemary, thyme, garlic, and oregano create smoky Mediterranean flavors.



Baking: Sage, parsley, basil, and garlic make juicy roasted chicken.



Slow Cooker: Bay leaf, thyme, rosemary, oregano, and parsley infuse rich flavor throughout long cooking times.



Skillet Meals: Fresh basil, dill, parsley, and thyme brighten quick weeknight dinners.



10 Final Thoughts

Cooking chicken with herbs is one of the easiest ways to create flavorful, comforting meals full of natural goodness.

- ✓ Vibrant taste and beautiful color
- ✓ Beneficial plant compounds
- ✓ Rely less on excess salt and heavy sauces



Examples of Chicken Dishes to Enjoy with Herbs

Herb Roasted Chicken • Lemon Herb Chicken • Garlic Butter Chicken • Chicken Alfredo with Herbs
Chicken Francese • Herb Chicken & Rice • Chicken Soup • Slow Cooker Herb Chicken • Chicken Pasta
Chicken Bowls • Grilled Chicken Salads • Stuffed Chicken Breasts • And More!



NOTE: While many herbs contain beneficial nutrients and plant compounds, they are foods—not medicines. Enjoy them as part of a balanced diet, and consult your healthcare provider if you have medical conditions or take medications that may interact with certain herbs.



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