Feed Your Soul: Cooking as Stress Relief

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As a university student in the midst of exam season, it can be difficult to prepare a healthy meal with fresh ingredients. As overwhelming as it may seem sometimes, cooking is a great tool to help de-stress, as it has been shown to soothe stress, reduce negative thinking and help build confidence.

We hope that our herb garden in a jar will inspire you to take a break from your busy schedule and prepare a home-cooked meal for yourself and anyone else you want to share it with. Below you'll find some quick and easy recipes that use the herbs you'll be growing, we hope these will help you in finding things to cook!

Basil

1. **Tomato Basil Pasta Sauce:** This sauce takes 20 minutes to make, and only calls for 5 ingredients (including your fresh basil)! Serve it on pasta and freeze the leftovers to make it even easier the next time you cook.
2. **Lemon Basil Chicken:** Another quick meal, this recipe takes 30 minutes to make and only requires one pan so you'll barely have to worry about doing the dishes after. Serve it over rice and this lemony chicken should make any cold day bearable.

Rosemary

1. **Rosemary Roasted Potatoes:** This side dish is easy to prepare and delicious. With fresh rosemary and garlic you can't go wrong serving this alongside any meal.
2. **Rosemary Chicken:** This easy chicken recipe only takes 5 minutes to prepare before you can throw it in the oven and wait for it to be done. Serve it with any side of your choice (we recommend the rosemary roasted potatoes), and enjoy!

Thyme

1. **Lemon Thyme Chicken with Vegetables:** This recipe is perfect for anyone who doesn't want a bunch of steps. Simply toss everything onto a pan and you've got a ready-to-eat meal in no time!
2. **Roasted Carrots with Thyme:** Done in just 30 minutes these roasted carrots are easy and delicious. Not only do they taste great, but they're also a healthy side for any meal!