

Natural Healing Express Weekly

Column Volume 142 Garden Fresh Recipes

Well, this Friday I write with a sense of gratitude after these crazy storms. As I scoped out the damage that was all over Stephenson County, I couldn't help but notice how many very old (100-150 year old) trees were down. Yes, that was sad to see but what wasn't lost was the fact that many of these beautiful trees fell only inches short of homes and buildings. It was almost like the Man Upstairs held them off as they fell. For what could have been enormous tragedies turned out to be manageable affairs.

In Lena we had a ton of trees down and we did have damage, but there weren't any severe injuries or fatalities. For this, I have an enormous amount of gratitude. It could have been a lot worse, peeps. A lot worse. I think of my friends in Norman, Oklahoma where last year the tornados hit not once, but twice in the same week. Devastation and death was everywhere. I believe this comparison forces us to take a look at our blessings. And, in Lena at least, we were punched, kicked and bruised, but we survived. And we were lucky.

After the storms, as everyone began to assess the damage, it was evident we were in for the long haul. But just as soon as folks began to take on the storm's full realization, people began showing up out of nowhere to assist in clean up. There was the buzz of chain saws on almost every street. What was even more interesting is the fact that many of the folks with damage to their property didn't even know the individuals who were showing up to help them. Strangers no more.

Even better, the folks who could not lift or carry began making sandwiches and gathered water, bringing it to those of us in the trenches. How can you not love our small towns in the area? It shows that even when devastation hits, that by banding together, there is nothing that cannot be overcome. Good lesson for all to see.

So, this week, I thought we would do something that was easy for a change. Here are some garden fresh recipes that will cut down time in the kitchen and also taste wonderful!

Cilantro Pico De Gallo

Ingredients: 1 jalapeno, diced, ½ cup minced cilantro, 1 bunch of green onions, chopped, 2 large tomatoes, chopped, 2 fresh limes squeezed, ½ teaspoon garlic salt, ½ teaspoon seasoning salt. ¼ teaspoon of Pepper.

Stir together all ingredients. Cover and refrigerate 30 minutes to blend flavors. Serve with tortilla chips (baked) or over a guacamole salad or fish.

Prosciutto and Melon Bites

Ingredients: 1 large cantaloupe or honeydew melon. 1 lime juiced. ¼ - ½ pound of thinly sliced prosciutto. Remove cantaloupe rind and cut into bite size pieces. Place in container and pour lime juice over the cantaloupe and toss well. Wrap a piece of prosciutto around each cantaloupe bite. Sprinkle with balsamic vinegar and serve.

And, here's one for my friends that say I never support their "bacon habit"

Peppered Bacon Zucchini Rolls

Ingredients: 2 zucchini, 12 slices of peppered bacon, 2 oz. goat cheese (I sometimes replace with feta), 1 teaspoon of lemon juice, 1 teaspoon of dried parsley.

Slice zucchini lengthwise about ¼ inch thick. Fry bacon (still can't believe I am allowing this) Mix cheese, lemon juice and parsley, Arrange bacon on each zucchini slice. Spread cheese down the middle of bacon and roll up. Secure with toothpick if needed.

Cook on grill over medium hot fire for about 5 minutes or until grill marks show. Feel free to substitute turkey bacon, as a more healthy alternative.

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: skscham@aol.com 204 W Main St, Lena, IL 61048.

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