

Natural Healing Express Weekly

Column Volume 126 Greens, Greens, Greens Part II

This week we will continue with part two of our three part series on greens. As we mentioned last week, greens are great sources of several vitamins, including A, C, K and Folic Acid. There are also great sources of minerals such as iron, potassium, calcium and magnesium.

We'll continue our list of great greens such as Broccoli Rabe which is in the same family as mustard greens. It has clusters of dark green leaves and has a somewhat bitter taste. It can be blanched or eaten raw for those of you who are fans of the bitter taste.

Chard is a fairly abundant garden vegetable which is a distant relative of spinach. Chard has a slight bitterness and a hint of saltiness. Chard can be served as a powerful nutrient dense side dish or in a soup or stew.

Collards Greens are notorious if you have spent anytime south of the Mason Dixon Line. Collard greens can be served in a myriad of ways from raw to stir fry to juices to smoothies. Collard greens are a cruciferous vegetable such as cabbage and broccoli. Collard greens have a mild flavor and can be served as accompaniments to some great southern dishes or as a meal in itself.

Dandelion Greens in my neck of the woods have most notoriously been observed as "weeds". And, they are pretty darn bitter. However, they are very rich in both vitamins and minerals and can be utilized to remedy urinary issues. When sold at the store, they are mostly sold in bunches, so finding something to do with all of them can present an issue. If you are cultured enough to eat them raw, they can be simply rinsed and utilized in a salad. If not, I suggest stir fry.

Escarole appears to look a lot like romaine lettuce. And to the untrained eye, if your market sells escarole, you will think it looks like a small romaine. However, the taste is more than diverse. It is a relative of the radicchio family and has a bitter bite. When cooked, it wilts quickly, so I suggest adding it to soups or stews. It can be used sparingly in a salad.

And now to one of my favorites, Kale. You can find Kale now days almost anywhere you can find lettuce. It is very versatile and can be used in several recipes. Kale is also a super nutrient and as for cruciferous vegetables, Kale is the Queen. It delivers a huge dose of Vitamin K. Kale also delivers more Vitamin C than an orange, more Vitamin A than any other leafy green and one cup has three times as much calcium as a lunch size milk carton.

As for phytonutrients, Kale packs an enormous punch. The sulforaphane it contains helps to protect against disharmonies such as cancer and diabetes. The flavonoids alone offer assistance to the circulatory and immune systems.

A theory that we live by at Natural Healing Express is contained in Hippocrates quote," Let thy food be thy Medicine and thy Medicine be thy food." It is very difficult to pick a shinier example of this than by consuming Kale.

So, with that, here are a couple of Outstanding Kale Recipes, starting with Huevos Rancheros with Kale. Ingredients: 1 TBSP Olive Oil, 1 red onion chopped, 1 link chorizo, chopped, One 15 ounce reduced sodium black beans, well rinsed and drained, ½ cup water, 5 ounces of Kale (about 5 cups) chopped 4 eggs, 4 small corn tortillas, 4 TBSP salsa, 1 jalapeno, 4 lime wedges.

Heat large skillet over high heat and add olive oil. Add onion and chorizo and cook for 3 to 4 minutes, stir often. Add beans, and cook for 1 minute, mashing them with back of spoon. Add water along with Kale, and then stir. Cook for 1 minute more or until kale starts to soften. Crack the eggs on top of the bean-kale mixture, Cover and reduce heat to low, simmer about one minute or until whites are cooked through. Set out plates and place a tortilla on each plate. Spoon the egg and bean mixture on the tortillas and top with salsa. Add the pepper and the lime. Serve immediately.

Need an energy jolt that will also assist with the libido? Here it is, we call it "That Drink". And just in time for Mardi gras!

"That Drink" Ingredients: 4 cups chopped kale, 1 kiwi, one piece of ginger, chopped, 4 limes wedges dipped into a teaspoon of sea salt.

Place kale, kiwi and ginger into blender and blend until smooth. Poor into tall glass and garnish with lime.

Here's another great one, especially for summertime, if that ever happens to get here.

Kaleslaw – Ingredients: 10 ounces of kale, chopped, 6 carrots, 1 red, yellow or orange bell pepper seeded and sliced. 1 and ½ cups Kale-Onaise. ** Fit food processor with shredder attachment or hand shred. Shred kale and carrots to a large bowl. Add bell pepper and Kale-onaise and toss well. Bon Appetite!

**Kale-Onaise – 2 cups chopped kale, ½ tsp sea salt, 2 garlic cloves, 1 cup of organic mayonnaise, zest and juice of 1 lemon. In food processor, combine kale, salt, garlic. Process until chopped. Add in Mayo and lemon zest, process until smooth. And presto ----you have kale-onaise!!!!

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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