

Natural Healing Express Weekly

Column 247 Tasty Summer Recipes

This week with all the heat and storms it seems like we have been desirous of food that is quick and easy and not going to raise any inflammation levels.

This one is a favorite for us, although it does turn up the heat a little for some, it helps to keep inflammation levels down.

Smoky Sautéed Shrimp

Ingredients = ½ cup extra virgin olive oil, 4 large cloves of garlic, thinly sliced, 1 tsp paprika, ½ tsp smoked paprika, ½ tsp ground cumin, ¼ tsp ground chipotle Chile pepper, sea salt, ground pepper, 1 and ½ pounds of large shrimp, peeled and deveined, 2 tbsp. chopped Italian parsley, ½ lime

In a large skillet, heat the oil to medium, add garlic and cook approximately two minutes. Add paprika, smoked paprika, cumin, ground chipotle, ½ teaspoon of salt, 1/8 teaspoon of pepper and stir. Raise the heat to medium high and add one layer of shrimp. Cook shrimp until pink, then flip shrimp and cook until opaque, do not overcook. Remove from heat and transfer to a serving dish. Flavor with oil and parsley squeeze on the lime juice and serve.

I sometimes serve this dish over wild rice. And sometimes, I will make a mango salsa on the side.

Here is another Summer Favorite

Lemon Berry Mouse

Ingredients= 5 large eggs, 1 cup of sugar (we substitute 1/3 cup of stevia) 1 stick of butter, 1 cup of fresh lemon juice, 1 ½ cup of heavy whipping cream, grated zest of lemon, ¼ cup of dark rum, 1 half pint fresh raspberries, or 1 ¼ cups of sliced strawberries, 1 half pint fresh blueberries, 6 to 8 mint sprigs for garnish.

Place eggs in a bowl and mix add medium speed for 1 minute, gradually add sugar, increase the speed to high and beat egg mixture until it is very light and fluffy, about five minutes longer. Reduce speed to low, add butter and lemon juice, mix until combined.

Transfer the egg mixture to a large, heavy bottomed sauce pan and cook over low heat, stirring constantly with a wooden spoon. If you have an instant read thermometer, it should register 138 degrees when done.

Transfer egg mixture to a clean bowl. Place bowl in refrigerator and let it chill for 6 hours minimum.

When the egg mixture is cold, place the cream in a large bowl and beat it with an electric mixer at medium speed until it becomes frothy. Add lemon zest and rum, and continue beating until the cream forms peaks.

Whisk about half the whipped cream in the chilled egg mixture. Fold the remaining whipped cream in to the egg mixture to combine thoroughly.

Using a spoon or pastry bag, fill cups or stemmed glasses with mousse, leaving room for the raspberry and blueberry garnish. You can also make parfaits by alternating the berries and mousse every other layer.

Cover the mousse with plastic wrap and refrigerate for at least two hours. Garnish with additional berries and mint.

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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