

Natural Healing Express Weekly

## Column 248 Tasty Summer Recipes Part Two

Thank you for the feedback on our recipes last week. We have had more requests for EASY recipes, so here's a few more, including one of the EASIEST recipes ever – Lazy Green Mac and Cheese!

Ingredients = 8 ounces of quinoa pasta, (such as elbows, penne or shells), ½ pound mustards or kale, trimmed and cups (3 to 4 cups), 1 and ½ cups cheddar cheese.

Preheat Oven to 400 degrees. Coat 7x 11 inch dish with olive oil. Cook the quinoa pasta according to package. Drain pasta and spread it out in the prepared dish. Sprinkle with chopped greens and cheese and transfer to the oven. Bake 15 to 20 minutes until cheese is melted and bubbling hot. Cool ten minutes and dish it up!

This recipe upgrades the average bacon and eggs start to a more nutritious revving up of the day.

### Baked Eggs in Crispy Kale Cups

Ingredients = Olive oil or Coconut Oil, 6 large Kale Leaves, (cut in half) 4 pasture raised eggs, 4 slices of Prosciutto

Preheat the oven to 400 degrees. Lightly coat a 12 cup muffin pan with olive oil or coconut oil. Press 4 of the kale leaves into 4 cups and crack an egg into each one. Place the remaining kale into 4 other cups. Press a prosciutto slice into the last 4 cups.

Bake for 10 to 15 minutes until the whites of the eggs are cooked through and the kale and prosciutto are crisp. Place an egg on each plate and divide the remaining kale and prosciutto equally among the four plates.

To make this dish heartier, top each egg with ½ teaspoon of pesto.

Here's one of the easiest and tastiest recipes ever.

### Clove Spiked Cocktail Nut Mix

Ingredients = 1 Tbsp. Olive Oil, 1 cups of almonds, 1 cup of cashews, 1 cup of walnuts, ½ cups Brazil Nuts, 1 teaspoon of Brown Sugar, ¾ teaspoon ground cloves, ½ teaspoon freshly ground pepper, ½ teaspoon garlic salt, 1 Tbsp. water.

Warm the olive oil in a medium skillet over medium heat. Add the almonds, cashews, walnuts, and Brazil nuts. Reduce the heat to low and cook for 2 to 3 minutes, stirring occasionally until the nuts are fragrant. Sprinkle with the brown sugar, cloves, pepper and garlic salt and toss well.

Drizzle with the water and stir well. Remove from the heat and allow mixture to cool completely in pan.

Store in an airtight container on the countertop up to two weeks.

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](mailto:skscham@aol.com) 204 W Main St, Lena, IL 61048.

Website: [www.naturalhealingexpress.com](http://www.naturalhealingexpress.com) Facebook: Natural Healing Express