

Natural Healing Express Weekly

Column 261 Two House Recipe Favorites

We are finally getting settled in after our personal move. A friend of mine was getting pretty eager for the kitchen to get set up again and wanted to know when she could expect to consume two of her favorite dishes. And I said, you know what? That gives me inspiration for the article this week. Maybe, just maybe, you could try making it at YOUR house while I finish off my kitchen. She just shrugged and gave me that sly little giggle that clearly states, “Not a chance, but glad I could help with your article.”

Nonetheless, here are two of our favorites – Spinach Soup and Traditional Greek Salad

Spinach Soup

Ingredients – 1 Tbsp. Olive Oil, 1 Onion halved and thinly sliced, 1 leek, split lengthwise and thinly sliced, 1 potato- diced, 4 cups of water (we substitute 2 cups of water and 2 cups of our bone broth), 2 sprigs of fresh marjoram, 2 sprigs of fresh thyme, 1 bay leaf, 14 oz of baby spinach, ½ teaspoon of freshly grated nutmeg, sea salt and pepper to taste, 4 tbsp. of light cream

Heat the oil in a heavy bottom pan over medium heat. Add onion and leek and cook until they soften (maybe 3 minutes). Add potato, water, marjoram, thyme, bay leaf, and a pinch of sea salt. Bring to a boil, reduce heat, cover and cook gently for 25 minutes until vegetables are tender. Remove bay leaf and herb stems.

Add the spinach and continue cooking for 3 minutes or until wilted. Allow the soup to cool. Transfer and blend into food processor. Puree. Return soup to pan. Season with more salt and/or pepper and add a generous portion of nutmeg. Simmer until ready to consume. Scoop out desired amount and top with cream.

This serves 4.

Greek Salad

Ingredients – 6 tbsp. of Olive Oil, 2 tbsp. fresh lemon juice, 1 garlic clove – crushed, pinch of sugar, sea salt and pepper, 7 oz of feta cheese, 1 heart of romaine lettuce (we always throw a little baby spinach in our salad mix, especially when we serve it with the spinach soup>) 4 tomatoes- quartered, 12 black olives (or 50 so after my kitchen partners get done “sampling” them, there are 12 left) 2 tbsps. of chopped fresh herbs. (We use oregano, parsley and basil, in the summer – we add in mint).

This is the dressing we use with it – Whisk together oil, lemon juice, garlic, sugar, salt, and pepper in a small bowl. Set aside.

Cut the feta cheese into cubes about 1 inch square (if you love feta, you can go bigger). Put the romaine, tomatoes and cucumber in a salad bowl. Scatter the cheese and toss together. Just before serving, whisk the dressing, pour over the salad and toss entire mixture. Scatter with the olives and chopped herbs and serve.

This serves four, but in my house, we double the entire mixture!

Fly the W!

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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