

Natural Healing Express Weekly

Column 276 Café Update and a Side Dish

Well, this has been quite a week. We “soft-opened” the café which means we only told you all and a few thousand of our closest Facebook friends what time we would be open. And, great news, we were as busy as we needed to be. Our Chef served up breakfast wraps –most high in protein and low in carbs, broth based soups, amazing sandwiches and several dozens of protein balls. Yes, protein balls. I am running out of words to describe how wonderfully he is doing with this endeavor and did I mention the protein balls? 23 grams of protein, 0 (zero) carbs and 0 (zero) per a serving of three balls. And, they taste delicious. Come see for yourself.

The cafe is now officially open! Café hours are 6:30 am – 2:00pm Tuesday through Friday. Saturday hours are 8:00am to 1:00pm.

So, for my part in all of this, I put in “requests” for healthy recipes for the chef to try---pretty much on a weekly basis. And, most of the time they are honored. Yes, “most” of the time, unless there is already something else in the works and this doesn’t fit into “the plan”. So, I wait. Or try them myself. Which is the equivalent of “too many chefs in the kitchen”. You get my drift.

Anyhow, I got away with this one on my own this week and it was delicious. I sometimes eat this as a meal instead of a side dish, but that is up to you!

Steamed Spinach

Ingredients= 1 tsp extra virgin olive oil, 2 garlic cloves (minced or chopped) 2 tsp shallot (minced or chopped) 2 bunches (large handfuls) spinach leaves, 2 tsp pernod, ¼ tsp freshly ground black pepper, ¼ tsp sea salt.

Heat the oil in a large sauté pan. Add garlic and shallot; bring to medium heat for two to three minutes. Add spinach leaves. Add a teaspoon of water if needed. Cover tightly and steam until leaves begin to wilt.

Drizzle the pernod over the spinach. Salt and pepper to taste. Toss and serve!

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.

Website: www.naturalhealingexpress.com

Facebook: Natural Healing Express

