

## Natural Healing Express Weekly

### Column 287 Super Foods cooked Super Fast

Last week we concluded our series on Listening to Your Body. As we approach summer and great weather, (Finally) I thought including some nutrient rich and easy recipes would be a good start!

One of most favorite things to eat anytime is tuna. Tuna is a super food packed with essential omega-3 oils. These are proven to help against heart disease and are good for joint and brain health. Tuna contains iodine, needed for healthy metabolism, plus Vitamins D and B12 to help fight fatigue.

#### SEARED TUNA STEAKS IN A WARM HERB DRESSING-

Ingredients – 160 g of oyster mushrooms, 250 g of baby corn, 250 g sugar snap peas, 2 TBSP Olive Oil, 4 fresh tuna steaks, 2 TBSP horseradish, ¼ cup of Greek yogurt, 4 TBSPNS fresh chives, 2 TBSPNS chopped fresh dill

Slice the mushrooms. Place baby corn in boiling water and cover pot. Cook one minute. Add sugar snap peas; cook one more minute, drain. Heat a large pan with 1 TBSP oil. Add tuna and cook for two minutes on each side or until slightly brown (sear according to personal taste) Place on plates.

Add 1 TBSP to frying pan and sear the corn and sugar snaps for one minute. Add mushrooms to the pan and sear 30 more seconds. Add horseradish, yogurt, chives and dill. Stir to combine and immediately turn off heat. Drizzle stir fry mixture on each plated tuna steak. Enjoy !

Another quick to prepare favorite in our home is asparagus. We eat this colorful superfood quite frequently because it's a great source of B Vitamins, including folate which lowers the risk of heart disease and stroke. With calcium and magnesium to maintain strong bones, asparagus is an all-around super food.

#### ASPARAGUS and TURKEY HAM GRILL

Ingredients – 12 asparagus spears, 4 slices of turkey ham, 150 g of ricotta, 1 tsp of corn flour, 50 g of parmesan, 3 TBSPNS of 2% Milk, 2 TBSPNS fresh chives.

Place trimmed asparagus in a large frying pan. Add enough water to cover and bring to a boil. Reduce the heat and simmer for another five minutes, or until tender. Turn off heat.

Preheat grill to medium heat. In a small bowl, mix the ricotta and corn flour. Finely grate the parmesan and stir into the mixture. Whisk in the milk. Set aside.

Pick out an ovenproof pan or casserole dish. Lay turkey ham on a cutting board. Drain the asparagus and place three spears over each slice of ham. Roll together and place in ovenproof dish. Spoon the cheese mixture over the turkey ham roll up. Sprinkle any additional parmesan you might like. Take a spatula and place entire mixture on the grill. Grill for 5 to 6 minutes or until the cheese topping begins to bubble. Remove from grill and place on plate. Sprinkle with chives.

Lots of wonderful things happening at Natural Healing Express! And the Silver Fox café is the place to be! Come try some healthy gourmet food – delicious and fast! We are now open Tuesday, Thursday and Friday 6:30am – 2:00pm, Wednesday 6:30am-7:00pm and Saturdays 8:00am- 1:00pm.

Dr. Susan is available on Wednesdays and Saturdays and by appointment!

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.

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