

Natural Healing Express Weekly

Column Volume 172 Fun Recipes

Well, I must admit, this has been quite the week. Starting with driving my “almost final” U-Haul trailer trekking from Indy to God’s Country. Sleet, snow, rain, ice, wind, whatever, yep, Dad’s great ole Chevy Truck and I have driven through it. I think Dad has to be smiling down watching me enjoy that old truck, especially while listening to cassettes. Yes, cassettes. And thank you to that certain someone special who put the REO and Foreigner ones on the floor. You always find a way to make me laugh. I was having 80’s flashbacks. Wowzer. I remember thinking Rick Springfield rocked. And that Jody Davis was the best Cubs player ever. And that Farrah Fawcett 80’s hair. Egad.

And one more thing- my Indianapolis Colts. Yes, we got spanked and certainly didn’t play our best, but really New England? You had to deflate the balls? That’s cheating. And mean. It probably wouldn’t have mattered if we had played with toasters, but still. Really? We had a great season and yes, we got our hopes up for the Super Bowl. And my heart goes out to the Packers. SOOO Close. Arghh...

So, I decided to be cheerful and list some fun recipes that might take the bitter taste out of our mouths. Giggle.

#### GREEK SHRIMP SALAD

Ingredients: 2 lbs. of small cooked shrimp, 2 tablespoons lemon juice, ¼ cup of red wine vinegar, 1 teaspoon Oregano, Sea Salt/Pepper to taste, 4 tablespoons olive oil, 6 ounces of Feta cheese, 2 medium tomatoes chopped, 1 cup celery, 1 cup sliced black olives, pepperchini.

Rinse shrimp and place large bowl. In a small bowl, combine lemon juice, vinegar, oregano, Sea salt/pepper. Whisk in olive oil, Toss the shrimp in with dressing, Feta Cheese, tomatoes, c celery, pepperchini, olive oil. Stir and enjoy.

#### TIMESAVER TURKEY BREAST

Ingredients: 3 large garlic cloves, 4 large green onions minced, 2 teaspoons ground cinnamon, 2 teaspoons ground all spice, 2 teaspoons pepper, 1 teaspoon sea salt, 2 tablespoons canola oil, 1 large turkey breast skinned and boned, 1 large onion sliced, ½ cup raisins, 3 tablespoons white wine vinegar, 1 tablespoon minced parsley.

Pre heat oven to 500 degrees. Grind together into a paste the garlic, green onions, cinnamon, allspice, pepper, sea salt and oil. Rub spice evenly over the turkey.

Separate onion slices into rings and place in the center of a large piece of heavy duty aluminum foil. Add raisins and sprinkle with vinegar, place turkey breast on top. Wrap the turkey leaving a small amount of airspace between foil and breast.

Place turkey on baking sheet and roast at 30-35 minutes or until meat thermometer reads 160 degrees. Carefully open foil. Let turkey rest 10 – 15 minutes and then cut into diagonal slices. Arrange slices on a platter. Spoon juices over turkey slices and garnish with parsley.

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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