

Natural Healing Express Weekly

Column Volume 173 More Fun Recipes

We had several comments this week regarding our fun recipes from last week. I am so glad you enjoy them. This week we will add some more.

Asparagus and Orange Salad

Ingredients: 8 oz. asparagus, cut into 2 inch lengths, 2 large oranges, 2 tomatoes cut into 8 pieces, 4oz of romaine or spinach, 2 tbsp. olive oil, ½ tsp sherry or balsamic vinegar. Ground pepper / sea salt to taste.

Cook asparagus until just tender. Cool. Grate the rind from half an orange. Peel oranges and split into segments. Squeeze juice into a bowl. Put asparagus, orange segments, tomatoes and romaine/spinach into a salad bowl. Mix together oil and vinegar, add orange juice and grated rind. Season with salt and pepper. Just before serving pour dressing over salad. Sometimes I add walnuts or almonds.

Super Nutrient Kale/Spinach Stir Fry

Ingredients: 2 cups of kale, 2 cups of spinach, 1 cup of mushrooms, 2 tbsps. olive oil, ¼ cup of sunflower seeds, ¼ cup of pine nuts.

Using a wok or a large stir Fry Pan warm olive oil. Add sunflower seeds and pine nuts gradually increasing heat to medium high. Simmer for five minutes. Chop kale into bite size pieces. Stir in kale and mushrooms, simmer another five minutes. Add in spinach. Simmer 2 to 3 minutes. Add salt and pepper to taste. If you want to get a little crazy, add in some Cajun sauce.

Baked Apples with Walnuts

Ingredients: 4 medium cooking apples, 1/3 cup dried, chopped figs, ½ cup walnuts chopped, 2/3 cup apple juice.

Preheat oven to 350 degrees. Core the apples, slit the skin. Place apples in a shallow baking dish. Mix together Figs and Walnuts. Stuff into the center of the apple. Pour over the apple juice. Cover the pan with foil and cook for 30 minutes. Remove foil and cook for ten more minutes. Serve Immediately.

Blueberry Tonic

Ingredients: 1 cup blackberries, 5 oz. red grapes, 1 cup blueberries, ice cubes.

Wash and prepare blackberries and grapes. Blend with blueberries on low for about 30 seconds. Put ice in a glass and pour over the juice. Decorate with a couple of blueberries.

If you are doing this in the morning, add a little honey as the taste is kind of sharp. However, around cocktail hour, a splash of vodka never hurt anyone.

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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