

Natural Healing Express Weekly

Column Volume 181 Kale and Quinoa

Seems like this time of year, most folks are starting to think about gearing up for some outdoor activity. Many are dusting off those bicycles (if you didn't winter ride), perhaps preparing the G.O.A.T.S ride coming up. Or maybe you are beginning to venture to outdoor track meets or perhaps just a fine walk in the woods or along with river.

Whatever your fitness level, isn't it nice to get outside after being cooped up all winter? At least I hope we can very soon. This is the time when I receive several inquiries about "powering up" or getting more energy to participate in these fun outings. Well, I have two answers – KALE and QUINOA.

I have previously written an article on Kale which you can find at [www.naturalhealingexpress.com](http://www.naturalhealingexpress.com) under Newsletters or call the Flash and ask for back issues. However, Kale is so superior; it is worth reminding everyone of its benefits.

Kale is a cruciferous green vegetable that is packed with Vitamin K. It actually contains more than 1000 percent of the daily recommended value and has more Vitamin C than an orange. It contains Vitamin A, calcium and other antioxidants. It is superb for energy and extended energy. It is also great for your vision, bones, immune system, metabolism and just about anything that ails you. There is a fantastic book out there called Fifty Shades of Kale which lists about every way to eat kale there is. If you don't want to order the book, come on into to Natural Healing Express in Lena and we will share one of our house recipes with you.

Quinoa (which is easiest said KEEN- WAH) is a small seed with contains nine amino acids. It is simply one of the most protein rich foods available today. Many people mistake quinoa for a grain, but it is not. It is a seed, which means it is entirely gluten free. It is packed with iron, manganese and riboflavin. Quinoa is helpful with blood sugar maintenance, brain function and energy.

One thing about quinoa is that it does need to be rinsed before cooking. There is a natural coating on it called saponin which helps to protect it in the wild from birds and insects. And let me tell you, if you do not rinse your quinoa, you will taste it. Some brands offer a "pre-washed" version, but even so, I highly recommend rinsing the seed. Seriously.

As you may have learned in several other articles, even though I am not a "typical" breakfast fan, (pancakes, sausage and the like) it is typically the most important meal of the day. So I wanted to offer a couple of recipes that you might enjoy. Feel free to make these anytime of the day, but understand, the point of the article is to help use nutrition to maximize your energy, so consuming these earlier in your waking hours is better for sustained energy release.

KALE & EGG SCRAMBLED

Ingredients – 1 tsp coconut oil (or substitute olive oil) 2 cups chopped kale (I also de-stem the kale) 1 tsp minced or chopped garlic, 8 grape tomatoes cut in half (or Pico di Gallo if you have on hand) 2 eggs, 1 and ½ tsps. Milk, crumbled goat or feta cheese.

(This makes one serving. Simply multiply the amounts to make it for the whole family)

In a skillet, melt the coconut oil. Add Kale, garlic and tomatoes. Sauté for 5 minutes or until soft. Crack the eggs into a bowl, add milk and whisk. Pour mixture into the skillet and mix with vegetables until eggs are fully cooked. This should take 3 or 4 minutes. Sprinkle the goat cheese on the scramble and enjoy.

Here is one of my favorites from my time in Los Angeles.

#### Quinoa Breakfast Tacos

Ingredients – 1 tablespoon of coconut oil (or olive oil), 4 eggs, 1 cup of cooked quinoa, 2 tbsp. black beans, 2 tbsp. salsa or Pico di Gallo, 1 tbsp. chopped cilantro, 8 corn tortillas, Sauce = ½ cup plain Greek yogurt, lime juice

In a skillet, melt the coconut oil. Add the eggs, quinoa, beans, salsa and cilantro. Stir until eggs are fully cooked. In another bowl, combine the yogurt and lime juice. Fill each tortilla with a scoop of the egg mixture and top with the sauce.

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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