

Natural Healing Express Weekly

Column 335 Building the Perfect Salad

Thank you for all the compliments last week regarding Climate Change. Honestly, I did not perceive that so many of you would be moved by that article. But, again, thank you. Let's just all try to do our own part and as usual, take care of each other.

Anyhow, this week, we move to something a lot more enticing. Many of my friends and those of you who have been to our home, know that we can certainly make a meal out of a salad. I thought now would be the appropriate time to share some of our "secrets" in making the "perfect" salad.

First, **START STRONG**. The foundation of your salad should be a leafy green. And the darker, the better as the more vitamins and minerals it contains. You want your greens to count. These leafy greens provide substance and fiber. My top suggestions are kale, spinach, arugula, spring mix, or any of the previous mixed together. We are big fans of the spinach/kale mix, but that is not for everyone.

Next up, place great fruits and vegetables. Depending on your palate and whether you want a sweeter salad or a more vegetable taste, here are our favorites = strawberries, cucumbers, spring peas, radishes, tomatoes and celery/carrot combo. We try to work within the season and what is available at our local farmers market.

Next, add in your protein. Healthy protein. Examples, albacore tuna, hard boiled eggs, beans – our favorite is garbanzo/chickpeas, turkey, shrimp or chicken. Sometimes, depending on the need for protein, we will do different combinations such as turkey and egg. Or chick peas and chicken. Or whatever suites your fancy, but protein is a must for us.

Next, its time for our neighbor to the North's favorite state product. Yes, that wonderful cheese. There are a million diverse kinds and combinations of cheese to choose from in Wisconsin. All are fine according to your taste. For the healthier salads, we choose goat cheese and feta.

Next, if you are a “crunch” person, this is the place to add your finesse. Many like croutons. I prefer almonds or sunflower seeds. However, in our house, it is bacon, bacon and more bacon. Crunch it up and enjoy yourself.

And now, the best part, dressing it all up. Most of the time, we prefer Olive Oil and a spice du jour. Many times, that spice is Greek Seasoning. Other times it is Garlic and Lawry’s. We experiment, but a word to the wise, indulge your kitchen with small tasting bowls and dip in a leaf or two before you pour a new creation all over your amazingly prepared salad. There will be disasters if you over shake your spices! Other recommendations are Balsamic Vinegar, lemon or lime juice and red wine vinegar. It’s hard to go wrong here, but again, taste test before a big pour!

This time of year, we have been throwing on some fresh sweet corn to carry everything over the top and that usually leads to topping with a wonderful cracked red or black pepper.

Happy Salads for all of you!

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! 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 204 W Main St, Lena, IL 61048.moti
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