

Natural Healing Express Weekly

Column 344 Game day Recipes

Well, it's finally fall! Yes, September 21 marks the first day of Fall and although we have been enjoying our favorite sport – football for a little while now, I refuse to put out any Fall recipes until well, FALL.

So, here are a few of our game day favorites that will feed the whole crew.

Grilled Vidalia Onion Salsa

Ingredients = 2 poblano chiles, 1 large Vidalia onion, 2 tbsp. Olive Oil, 2 medium tomatoes (diced and seeded). ½ red bell pepper (diced) ¼ cup chopped fresh cilantro, 2 limes (juiced) 1 jalapeno (chopped) and Sea Salt as needed.

Prepare the grill for high heat. Roast the poblanos until they are blistered on all sides. Peel the onion and cut into ¾ inch slabs. Brush with olive oil and grill until soft and brown. Peel the poblanos and chop both the poblanos and onions. Toss all ingredients into a medium bowl and stir. Let the Salsa stand 15 minutes and mix again. Add Sea Salt as desired. Serve with chips or use as a topper over your game day steak!

Game Day Steak

This is our all-time favorite! Shop locally please! In our case, we travel down the street to AJ's Lena Maid Meats (State and National Award Winners) and purchase about four T-bones.

Ingredients = 4 T-Bone Steaks, ½ cup of Feta or Parmesan Cheese, Chicago style Steak seasoning, ½ cup of Chopped Garlic, 2 tbsp. of Olive Oil.

Keep your grill on from making your onion salsa! Lightly season the steaks with Chicago Style Steak Seasoning and sear each side on high heat. Reduce heat and cover the top of each steak with garlic. Grill for approximately five minutes. Add your choice of Parmesan or Feta cheese to the top of the steak. Drizzle with olive oil. Continue to grill to your favorite temperature. Cut the T-bone into a New York Strip

and a Filet and serve hot. Serves eight or four super hungry folks! Toss Onion Salsa onto the plate as a side dish! Enjoy and Go Colts!

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 or 317 409 1500 email: skscham@aol.com Address -204 W Main St, Lena, IL 61048. Website: www.naturalhealingexpress.com Facebook: Natural Healing Express