

Natural Healing Express Weekly

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Well, thank you! Thank you very much! We had a lovely response to our Game Day recipes article last week. Apparently the folks in our area love football as much as we do! And for those of you who asked, here is a more “family” oriented recipe, our Three Bean Nachos –

Ingredients – One can each (15 oz.) navy beans, black beans, chili beans. Drain. 1 pound of baked tortilla chips, 2 lbs. of shredded mixed cheese (we use feta and cheddar because we love them, but most like cheddar and jack, or even ALL cheddar) 1 cup of shredded lettuce, 1 cup diced tomato, 1 cup chopped onion, 1 small can of black olives sliced. (pepperchini is optional)

Pre-heat oven to 350 degrees. Mix all the beans together in a small bowl. Place chips on a cookie sheet covered with aluminum foil. Top the chips with the beans. Top the beans with the cheese. Bake for 10 - 15 minutes depending on how “gooey” you like your cheese. Remove from oven and top with lettuce, onions, olives and pepperchini. Serve warm.

Here is another favorite around our house for big gatherings.

Stuffed Jalapenos in bacon

Ingredients – 12 large jalapenos, 12 all beef mini hot dogs, 12 stick of jack cheese, 12 slices of bacon (we use turkey bacon or you can purchase Nitrate free bacon at Aj’s Lena Maid Meats).

Pre-heat oven to 350 degrees. Remove tops of jalapenos and clean out seeds. Stuff each jalapeno with the hot dog and cheese. Wrap the jalapeno in the slice of bacon, sealing the top. Secure with a toothpick, or for super large jalapenos, you can use a skewer. Place on a cookie sheet or chili pan if you have one. Cook for 30 minutes or until bacon is crisp. You can also grill these on medium heat if you so desire. Let cool approximately 10 minutes prior to serving.

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