

Natural Healing Express Weekly

Column 347 Food Bowls

We are nearing the opening of our Prep Meal portion of the Silver Fox Café. This will allow folks to pick up prepared meals that only need a little time (either warm up time or assembly time) to be ready for a family meal. And by time, we mean five to ten minutes. We have a ton of folks interested in our new services so within the next week or so I will be posting a form that shows our prices and the offerings. You can order them for the day, week or even the month! It can be for a party of one up to a family of eight. This meal prep service is designed to give individuals and families a healthy and fast alternative to spending hours in the kitchen cooking meals. More to come on that note.

One of the best ideas our chef has had in a long time is the concept of “food bowls”. What this means is that all you really need in your kitchen to participate is your favorite bowl. Kids love the fact they can grab their favorite cereal bowl or superhero cup and fill it up with rich goodness. And, rest assured parents, this is a HEALTHY and FUN concept.

So, we are letting fly one of our recipes that everyone seems to love.

FOOD BOWL BURRITO

Ingredients = 6 cups of cooked quinoa, 2 cloves garlic, 3 large jalapenos, 1 cup cilantro leaves, 1 tsp. of lime zest, 1 ½ cups Mexican crema (or sour cream), 1 tsp. Sea Salt, 3 cups black beans, 3 cups shredded cabbage, 2 large tomatoes (chopped) 3 large ripe avocados.

Warm quinoa.

In a food processor, mince the garlic, 1 jalapeno and cilantro. Mix well. Add lime, crema and sea salt.

Process until smooth.

Spread the quinoa on a large platter, and then arrange the beans. Sliver the remaining two jalapenos.

Arrange the cabbage, tomatoes, avocados and jalapenos on top. Drizzle the cilantro mixture and serve.

We line our bowls with chips or salsa, or chips and salsa. Then scoop the Food Bowl Burrito mixture into the bowl. Viola !

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