

Natural Healing Express Weekly

Column 360 High Energy Recipes – Lunch

Wowzer! Thank you for the wonderful feedback from last week's article. It gives me hope that our recipes and food prep side of our business will be beneficial to many. Once we get things perfected, we will be announcing the Menu here first!

So, in keeping with our Energy Recipe theme, here are some recipes for lunch. Enjoy!

Tuscan Salad

Ingredients = 14 oz. canned cannellini beans (drained and rinsed), 14 oz. canned kidney beans (drained and rinsed), 1 red onion, finely chopped, 2 tbsp. pitted green olives, 4 tomatoes, chopped, 1 avocado (peeled, pitted, cubed), 12 oz. canned albacore tuna in spring water, 1 tsp. chives.

Dressing

Ingredients = 1 tsp. whole grain mustard, 2 tbsp. extra virgin olive oil, ½ cup balsamic vinegar, 2-3 garlic cloves, crushed, 2tbsp finely snipped chives, 2 tbsp. chopped chives, 2 tbsp. chopped fresh tarragon, 2 tbsp. chopped fresh parsley, sea salt and ground pepper.

To make the dressing, put the mustard, oil, vinegar, garlic, chives, tarragon, and parsley in a large bowl and mix well, Season with salt and pepper to taste.

Add the cannellini and kidney beans, onion, olives, tomatoes, avocado and tuna to the dressing. Mix well. Serve in individual bowls, sprinkled with some chives.

Shrimp and Mango Salad

Ingredients = 20 Large, uncooked, 1 tbsp. sesame seeds, 1 tbsp. chopped fresh cilantro, 3 oz. bok choy, shredded, 1 large ripe mango (peeled, pitted and chopped), 2 ½ oz. bean sprouts, ½ medium cucumber (chopped), 1 red bell pepper, (seeded and thinly sliced), 1 bunch of scallions (chopped), olive oil, freshly ground pepper.

Marinade

Ingredient = 1 inch fresh ginger (peeled and grated) 1-2 red chilies, (seeded and chopped), ¼ cup freshly squeezed lime juice, 1 tbsp. olive oil, 2 tbsp. light soy sauce, ½ tsp. brown sugar, 1-2 garlic cloves (crushed).

Peel Shrimp, if needed. Rinse, place in shallow dish on ice. For the marinade, put the ginger, chilies, lime juice, oil, soy sauce, sugar and garlic in a bowl. Mix well. Drain the ice off the shrimp. Pour the marinade over the shrimp, then cover. Refrigerate and let marinate for 15-30 minutes.

Begin to prepare salad. Put the bok choy and mango in a serving bowl. Add the bean sprouts, cucumber, red pepper, scallions and black pepper. Season to taste. Mix well.

Drain the shrimp, reserving the marinade. Heat the wok or non-stick pan. Add Shrimp, cook, stirring frequently until pink. Add to the mango salad. Pour the marinade into a saucepan and bring to a boil.

Pour the marinade over the salad and toss lightly. Sprinkle with sesame seeds and cilantro. Serve immediately.

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

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