

Natural Healing Express Weekly

Column 361 High Energy Recipes – Dinner

Thank you all for your wonderful support of this series! Glad to know there are so many of you out there loving our high energy recipes! This week, we will get right to it!

Bacon and Mushroom Carbonara

Ingredients = 8 oz. whole grain spaghetti, 8 slices of turkey bacon, 5 oz. small mushrooms, sliced, 1 tbsp.

Olive Oil, 1 tsp. mustard, 2 tbsp. white wine, 30 g extra sharp grated cheddar, 1 tbsp. corn starch, 1 cup skim milk (we have tried this with almond milk as well, this is a personal preference) 2 tbsp. chopped fresh parsley, fresh ground pepper, freshly grated parmesan cheese.

Bring a large pot to boil, add spaghetti and cook until just tender. Heat a sauté pan, add bacon, and cook on high heat until brown. I use a paper towel to drain the fat, for fewer calories. Add mushrooms and oil, cook for 2 minutes. Stir in mustard and wine and cook for another 3 minutes. Reduce heat, add cheddar. Stir until melted. Mixture should be a bit thick.

Remove and let cool slightly. Pepper to taste and then gradually add milk, stirring continuously until blended. Stir in the parsley.

Drain spaghetti and return to warm pan. Pour the carbonara mixture over the pasta and toss gently.

Divide into four bowls and sprinkle with Parmesan cheese!

Here is a lovely side dish that we eat quite often. I like it with this meal, but it can be served with almost anything. This is chalk full of Vitamin C!

Almond broccoli

Ingredients = 1 lb. broccoli divided into small florets, ¼ cup silvered almonds, freshly squeezed lemon juice.

Steam the broccoli over a pan of boiling water for 5-8 minutes. Remove pan from heat. Transfer the broccoli to your serving dish, sprinkle with almonds and freshly squeezed lemon juice.

Voila! You have a meal for champions!

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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