

Natural Healing Express Weekly

Column 387 Party Food

In light of our most recent transition at the store, we are getting ready to have a fun party and celebrate summer. When I lived in LA, it seemed like we were entertained all of the time during summer. I guess it was because we were the house closest to the beach. Nonetheless, I learned to make some pretty tasty “Party Food” and I thought I would share some of our house recipes before the Silver Fox beats me to it!

Shrimp Salad

Ingredients – 1 lb. of peeled shrimp, 6 hardboiled eggs (Diced), 2 stalks of celery, sliced, 1 small onion, (diced) 1 and ½ cups of Mayo, (I have substituted plain Greek yogurt for this many times), 4 tsp. lemon juice ( I use fresh squeezed) 6-8 drops of Wicked Pissah Campfire Sauce (or hot sauce) 1 tsp. celery salt, 2 avocados, diced.

Combine all ingredients except avocados. Let chill 2 hours. Before serving, dice the avocados and add to top!

Smoke Turkey Roll Ups

Ingredients – 10 slices of smoked turkey, ¾ cup cream cheese, and 20 green olives diced.

Mix cream cheese and olives. Lay one slice of turkey on cutting board. Spread on 1 tbsp. of cream cheese mixture. Roll on end of turkey into the other end. Cover and chill 1 hour. Unwrap and slice to your preferred thickness.

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](mailto:skscham@aol.com) Address -204 W Main St, Lena, IL 61048. Website: [www.naturalhealingexpress.com](http://www.naturalhealingexpress.com) Facebook: Natural Healing Express

