

Natural Healing Express Weekly

Column 398 Ok, just a few more Roasting Recipes

You guys are something else! Love all the feedback we are receiving regarding this roasting series!

Seems like it is bringing back a lot of memories for all of us! And, once again, thank you for all the support regarding the recent Warren Pumpkin Festival. We really appreciate your support and Gracie is very, very, very, very close to her goal for the European Band Trip.

One thing that we like as an appetizer instead of a side dish is Roasted Leeks.

Ingredients – 4 leeks, 3 tbsp. olive oil, 2 tsp. balsamic vinegar, sea salt and pepper.

Preheat the oven to 400 degrees, halve the leeks lengthwise. Rinse. Place leeks in a single roaster and brush with oil. Roast 20 -30 minutes until tender. Remove leeks and brush with vinegar. Sprinkle with sea salt and pepper.

Here's another favorite

Oven Roasted Tomatoes

Ingredients – 2 lbs. large full flavored tomatoes, extra virgin olive oil, and sea salt

Preheat oven to 250 degrees. Quarter each tomato. Using a spoon to scoop out the seeds and throw them away. Sprinkle sea salt in roasting pan and arrange the slices, skin side down. Roast in the oven for 2 and ½ hours. Remove dried tomatoes and let cool completely. Place in a mason jar and pour over enough oil to cover. Eat whenever you like, but these will keep up to two weeks.

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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