

Natural Healing Express Weekly

Column 403 Rustic Mexican

This week has been a crazy one. I guess this time of year, everything feels that way. We have two members of the household that are now 32nd Degree Scottish Rite Masons and a tired young lady that performed in the school play, started basketball practice and just finished her Golf Awards banquet. So, in the next few hours, we will enjoy time together, hopefully, in a quiet way, while finishing out our weekend.

Congratulations to Donny and Jake, you have worked hard for your degrees. The Masonic Lodge is an amazing group of men who come along side each other to make every man just a little bit stronger. To watch Jacob and his Father become 32nd Degree Masons together is a wonderful experience. And thank you to the Masonic Brotherhood. Not everyone understands or knows how much good you do for the communities, but it's a huge amount! For those of us who do understand, we are in awe. Keep up the great work. And, to Bing, Pete, Roy, Denny and of course Randy who encouraged Donny to join in the first place, I thank you! It's been a great addition and added character development.

And our Gracie, well, the skies the limit for this kid. She has learned to overcome difficulty, pick herself up and get her ship righted in a way that most adults can't. Yes, she is adventurous and has quite a lot of fun, but she is improving in all areas of her life. This year, she even tried out for the play. Quite a stretch for her, but she really enjoyed herself and contributed to the cast. To all involved in the Lena Winslow Play, A Suessified Pride and Prejudice, congratulations! It turned out fabulously.

So, now about that Rustic Mexican. During weeks like this, it is a struggle to keep everyone fed with their diverse schedules. Grace and I love our salads and hummus and the guys like something a little meatier. Here are a couple of recipes we enjoy.

Mexican Mixed Green Salad

Ingredients – 2 tbsp. fresh lime juice, Sea Salt and Pepper, 2 tsp. Virgin Olive Oil, 3 tbsp. Minced fresh cilantro, 1 cup of lightly packed cilantro leaves, 6-8 cups baby greens, two avocados, 1 can of hearts of palm, 1 red onion, thinly sliced. In a small bowl, whisk together lime juice, salt, pepper, olive oil and 1 tbsp. on cilantro for the dressing.

In a medium size bowl, toss greens and a cup of the cilantro leaves. Drizzle over dressing. Slice avocados, place on top. Slice hearts of palms and dress the salad with them and the onions. Chill approximately 30 minutes. You can substitute endive, arugula or butter lettuce.

Red Chili Enchiladas

2 Cups of Red Chile Sauce, 1 cup Safflower or Canola Oil, sea salt, 18 corn tortillas, 1 ½ cups shredded cooked chicken, ¾ cup feta cheese, 1 medium white onion, minced, Chopped fresh cilantro.

Warm the red chili sauce, Heat oil to medium heat, fry each tortilla wrap 30 seconds. Divide chicken, cheese and minced onions onto each tortilla, roll. Cover with red chile sauce top with cheese, onions and cilantro. On occasion, we will throw some sour cream or guacamole on the side.

On a sad note, we learned yesterday that my former Father in Law, Louis “Sonny” Meyer, Jr of Indy 500 fame, has transitioned to his heavenly home. Hugs to Butch and his family on this sad loss. Godspeed Sonny, you moved many mountains during your lifetime and were an inspiration to Racers everywhere.

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