



A Search for Wellness



I WRITE THIS JUNE COLUMN with several aspects of wellness in mind. First, the word search, containing some of my favorite healthy foods, should promote brain health. Second, a short, simple, summer soup recipe incorporates two vegetables showcased in the puzzle. It will take less time to prepare the soup than to complete the search. The first reader to email me with the solution will receive an essential element of healthy cooking — a bottle of extra virgin olive oil. Wishing you happy and healthy hunting. ⚖️

Artichoke Pea Soup

In a food processor, purée 7 stem-on artichoke hearts with 1 cup of chicken stock. Then, add 16 ounces thawed, frozen peas with another cup or so of chicken stock. Once sufficiently blended, add to a large pot with another cup of chicken stock. Stir and bring to a simmer. Season with salt and pepper to taste.



I like to serve warm, but you can serve chilled. In either case, garnish with fresh cilantro or oregano sprigs and top with Aleppo pepper.



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| Almond | Blueberry | Egg | Oyster | Strawberry |
| Amaranth | Bulgur | Eggplant | Pea | Tahini |
| Artichoke | Coconut | Halibut | Peppermint | Tomato |
| Beef liver | Cucumber | Lentil | Pork | Turmeric |
| Bison | Edamame | Olive | Sardine | Yogurt |



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