

Alkaline Diet Recipe: Adzuki Bean and Asparagus Salad

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Last time, I admitted what I used to eat before and after runs and workouts, plus how I've changed my ways over the years.

Now I eat and drink [foods that are going to support me before, during, and after working out](#) rather than sabotage all my hard work.

One of the best things you can do to recover and replenish after a good workout is eat a meal with green veggies, a complete plant-based protein, and no sugar or grains.

Today, I've got a recipe with all 3 for you to try.

Adzuki Bean and Asparagus Salad makes a great lunch because it's ready in less than 15 minutes and can even travel to work with you (just wait to toss the salad in the dressing).

This salad is SO satisfying you can even make it for dinner!

The great thing about this recipe from a nutritional standpoint is that the only fruit in the salad (fresh lemon juice) is a low-sugar fruit that helps alkalize your body post workout.

Remember, the fastest and most effective way to neutralize all that lactic acid are minerals, and fresh lemon juice is loaded with them!

This is also a perfect recipe for this time of year, utilizing one of my favorite spring veggies, asparagus. I think you're going to love this preparation as an alternative to sautéing or roasting it.

Let's get started.

Adzuki Bean and Asparagus Salad

Serves 2

1 bunch thin asparagus, rough ends trimmed off

¼ cup extra virgin olive oil

Zest and juice from 1 lemon, fresh squeezed

½ bunch parsley, chopped

1 15oz can of Adzuki Beans, drained and rinsed (Eden Organics is great)

2 cups baby arugula

Salt (Celtic grey, Himalayan, or Redmond Real Salt) and black pepper to taste



DIRECTIONS

Bring a pot of water to a boil. Blanch asparagus for 5-8 minutes until tender.

Remove from water and pat dry with paper towels. Chop into 1-inch pieces.

Whisk the olive oil, lemon, and parsley together.

In a bowl add the beans, asparagus, and arugula. Toss with the dressing and season with salt and pepper.

Enjoy!



I've got a ton of quick and tasty lunch and dinner ideas like this one in my [Get Off Your Acid 7-Day Cleanse](#) that are perfect for you if you want to shed extra pounds, eat healthier than ever before, and GET OFF YOUR ACID!



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ACID
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