

Alkaline Diet Recipe: Easy Weeknight Coconut Curry



Last time, I shared [7 ways to get back to alkaline self-care as the kids go back to school](#).

One of the best things you can do for yourself is to take the time to cook at home more often. You have so much more control over what goes into your body when you're at the stove than you do in a restaurant.

And it doesn't have to be difficult or time consuming to cook for yourself and your family. In fact, there are lots of nutritious, alkaline dishes that take less time to prepare than it takes to order take out.

This is one of those recipes for sure. One thing I love about this simple recipe is how versatile it is. If you have different veggies on hand, throw those in instead and no matter what you try, you're going to end up with a delicious dinner in a matter of minutes.

Give it a try and let me know what you think over on [Facebook](#).

Easy Weeknight Coconut Curry

INGREDIENTS [Serves 4]

Quinoa Ingredients

1 cup quinoa
2 cups vegetable broth (yeast free) or filtered water
Pinch of sea salt (Celtic Grey, Himalayan, or Redmond Real Salt)

Coconut Curry Ingredients

4 cups zucchini, cubed
1 cup green peas
2 cups coconut milk, canned (I use Native Forest)
1 onion, chopped
2 garlic cloves, minced
1/2 cup filtered water
2 tbsp. curry powder
1/2 tsp. Sea salt (Celtic Grey, Himalayan, or Redmond Real Salt)
Optional: Sprouted chickpeas (soak overnight, drain, and rinse)



DIRECTIONS

For Quinoa: In a saucepan, add 1 cup quinoa with 2 cups of vegetable broth (or water) and sea salt. Bring to a boil and then bring heat down to a simmer, for about 15-20 minutes or until all the broth is absorbed.

As the quinoa simmers, add coconut milk to a saucepan on medium to high heat. Add onion and garlic and cook for a couple of minutes.

Next, stir in curry powder and cook for another 2 minutes. Then add the zucchini and water and simmer for 15 minutes. Stir in peas and salt and cook for an additional minute. Remove from heat, serve over a bed of quinoa and enjoy!

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



To quote cleanse participant, Kelly Ripa from LIVE WITH KELLY...

“Dr. Gioffre put me on this cleanse. It’s an antacid, highly alkaline cleanse, and it has changed my life.”

