

## Alkaline Diet Recipe: Garlicky Rainbow Chard & Chickpeas



There's just about no combination that's better for your health and weight loss goals than dark leafy greens and good-for-you fats! (I'll tell you why on Thursday and how to lose weight with this simple combo.)

And today, we're serving up that winning combination in one tasty dish. The flavors and textures are so good, you're going to make this quick and easy meal all the time.

It can serve as a side dish or a main course over a bed of quinoa.

It's a great use of rainbow chard, but you can also use Swiss chard or red chard varieties as well. You could even utilize the same flavors and cooking technique for other greens like kale, collards, or mustard greens.

Chard is one of the MOST alkaline vegetables you will find, packed with minerals, chlorophyll, and phyto-nutrients...And this recipe makes it taste good!

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

### Garlicky Rainbow Chard & Chickpeas

#### INGREDIENTS [Serves 2]

- 4 tbsp. coconut oil
- 5 garlic cloves, sliced
- 4 bunches of rainbow chard, cut into 2-inch ribbons
- 1 can garbanzo beans (Eden Organic, rinse well)
- 2 tbsp. lemon juice (or apple cider vinegar, but I try to avoid because of the yeast)
- 1/4 cup vegetable broth (yeast free)
- Zest of 1 lemon
- Sea salt (Celtic Grey, Himalayan, or Redmond Real Salt)
- Black pepper to taste



#### DIRECTIONS

In a large sauté pan heat the coconut oil (medium heat) and sauté garlic until it just begins to turn golden brown. Add in the chard a little bit at a time. Allow time for the chard to wilt a bit before adding the next batch. Season with sea salt and pepper.

Next, pour in the vegetable broth and garbanzo beans and cover for about 8 minutes or so. Remove the cover, add in the lemon juice and cook for 1 minute. Serve with lemon zest sprinkled on top.