

Alkaline Diet Recipe: Sautéed Greens With Garlic And Parsley



[Acid can do a lot of scary things to your body](#), like rob your bones of minerals, deprive you of much-needed rest, zap your energy, and even make you crave foods that will make you sick like sugar.

One of the best ways to fight all of that is to eat foods rich in minerals, and magnesium in particular. 90% of all Americans do not get enough magnesium in their diets, and the results speak for themselves.

Dark, leafy greens like kale, spinach, and watercress are the best food source of magnesium, plus a lot of other vitamins and minerals. And today's recipe is perfect for those greens, or any others like collards, arugula, or whatever you happen to have on hand.

This dish cooks up in minutes, it's versatile enough to work as a main course or a side dish, and it's so full of flavor, even the kids will be asking for seconds.

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

Sautéed Greens With Garlic And Parsley

Serves 2

INGREDIENTS

1 tbsp. coconut oil
3 cloves garlic, finely chopped
Juice and zest of one lemon
1 bunch dark, leafy greens such as kale or collard greens
1/2 cup vegetable broth (yeast-free)
Handful of chopped parsley
Sea salt (Celtic Grey, Himalayan, or Redmond Real Salt) and black pepper to taste



DIRECTIONS

Heat the oil, garlic, and lemon zest in a sauté pan for about 2 minutes. Add the greens and sizzle for 2 more minutes or so until the greens are ultra-bright green.

Add the vegetable broth and cover. Let steam for 3 to 5 more minutes. Season with sea salt, black pepper and a squeeze of lemon. Toss in parsley just before serving.

Enjoy!

Alkamind
GET OFF YOUR ACID

ULTIMATE ALKALINE/ACID FOOD GUIDE



For more on which foods to avoid and which to eat more of (like dark, leafy greens), get your copy of [The Ultimate Alkaline/Acid Food Guide](#) now for easy, clear information about hundreds of foods!