

Alkaline Diet Recipe: Stir-Fry With Coconut Lime Quinoa



I'm willing to bet I'm not the only one who wants to eat like this all summer long.

If I'm not having a simple salad or soup, I don't want to stand over the hot stove unless it's for a quick and delicious stir-fry of light yet filling alkaline veggies with tangy and tropical lime coconut flavor.

Other than the quinoa, which you can make in a big batch in advance for lunches and dinners throughout the week, this takes about 15 minutes all in, and you're ready for a satisfying, nutrient-packed dinner.

Eating this way will increase the elasticity of your skin, help your hair stay thick and lustrous, give you strong nails, and prevent joint damage and pain from osteoarthritis.

This recipe includes 5 different foods that include the "fountain of youth" mineral I'm going to tell you more about on Thursday.

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

Stir-Fry With Coconut Lime Quinoa

INGREDIENTS [Serves 4]

INGREDIENTS Quinoa

- 1 1/2 cup quinoa
- 1 lime, zested
- 1 15oz can of coconut milk (full fat – I use Native Forest)
- 1 cup water or vegetable broth

INGREDIENTS Teriyaki Sauce

- 1/2 cup gluten-free Tamari (or coconut aminos)
- 1 clove garlic, minced
- 1 tsp. fresh ginger, minced

INGREDIENTS Stir-Fry

2 tbsp. coconut oil
2 cloves of garlic, minced
2 tsp. fresh ginger, minced
1 small white onion, chopped
1 celery stalk, cut into chunks
1 cup green beans (or broccoli)
4 baby bok choy, chopped
1/2 cup snow peas
1/2 bunch cilantro, chopped



DIRECTIONS

Mix the quinoa, lime zest, coconut milk, and broth in a pot over high heat. When the broth comes to a boil, turn heat down to a simmer and cover. Cook until all the liquid has been soaked in the quinoa, about 30 minutes.

In a small saucepan, combine all the ingredients for the teriyaki sauce and simmer until reduced by half and is thick and syrupy. Remove from heat.

In a wok or large pan with sides, heat coconut oil and add garlic, ginger, and onions. Let simmer until brown. Add a little more oil if needed and toss in all of your veggies (except cilantro). Give them a good mix and cover your pan so the veggies can steam. Steam for 5-10 minutes depending on how “al dente” you want your veggies.

Scoop a large spoonful of quinoa into a bowl, add a generous helping of veggies, a spoonful of teriyaki sauce and then top with cilantro.

Want more recipes like this one?

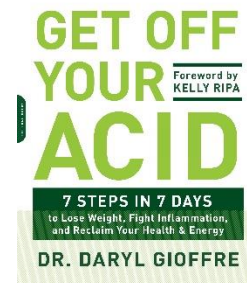
My new book, [*Get Off Your Acid: 7 Steps in 7 Days to Lose Weight, Fight Inflammation, and Reclaim Your Health and Energy*](#), is full of recipes (65 of my BEST!), tips, and ideas to take you from sluggish and in pain to healthy, energetic, and slim.

Kelly Ripa, who wrote the Foreword, had this to say:

“What I like most about Dr. Daryl’s method is that it’s not a ‘diet’ but more of a lifestyle change. There’s no counting calories or limiting portion sizes, only a new awareness of ‘alkaline eating.’



Once you learn the difference between alkaline and acidic ingredients, you will know what to eat and will be able to benefit from keeping this balance in your bodies.



“Whether your goal is to lose weight, sleep deeper, feel more rested, think more clearly, or boost your energy, this plan will get you there...”