Alkaline Diet Recipe: An Alkaline "Risotto" Recipe You're Sure to Love

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Today, I've got a great recipe for you that's really going to shine when you use organic ingredients, like we talked about last time.

I love the combination of artichokes, aromatic shallots and garlic, Swiss chard, and capers. Once combined with rice, it has a velvety texture similar to risotto.

As always, it's full of nutrient-dense, alkaline ingredients. It makes a great, healthy dinner option on weeknights because it cooks up in just the time it takes to make the quinoa or brown rice. We always make extra so we can eat it again for lunch a day or two later.

I think you'll agree this one is a real showstopper!

Artichoke and Caper "Risotto"
Serves 4

INGREDIENTS

2 cups vegetable broth (yeast free)
1 cup quinoa (or short-grain brown rice)
2 tbsp. coconut oil
1 shallot, thinly sliced
3 cloves garlic, minced
1 bunch Swiss chard, cut into ribbons
1 jar artichoke hearts, drained
2 tbsp. capers
1 can garbanzo beans (I use Eden Organics, rinse thoroughly)
1 handful chopped parsley
Salt and pepper (Celtic Grey Sea Salt, Himalayan, or Redmond Real Salt)

DIRECTIONS

Combine the vegetable broth and quinoa in a small pot over high heat. When the broth comes to a boil, turn the heat down to a simmer and cover. Cook until all the liquid has been soaked in the quinoa, about 20-30 minutes.

While the quinoa cooks, heat the coconut oil in a sauté pan and cook shallots until melted, about 8 minutes. Add garlic and Swiss chard and cook for 5 more minutes. Add garbanzo beans, artichokes, and capers and cook for 2 more minutes.

Combine the quinoa and Swiss chard mixture in a bowl and garnish with parsley. Season with sea salt and pepper.

I've got a ton of quick and tasty 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!

Learn more now!