

Broccoli Zucchini Stir-Fry Recipe



When my patients start to transition to a plant-based, alkaline lifestyle, I love watching as a whole world of foods opens up to them that they previously didn't think they liked or could eat all the time.

But when they experience how easy it is to make, and how good it feels to eat clean, they don't want to stop!

This stir-fry is a perfect example. It's full of alkaline veggies quickly stir-fried in aromatic herbs and spices that will leave you craving more. And the good news is you can eat as much as you crave because it's so good for you!

Plus, it's fast and versatile. In less than 20 minutes, you can have a satisfying dinner on the table using these vegetables or whatever you happen to have on hand.

For more tips on getting off your acid, check out my blog post hitting your inbox on Thursday: [7 Tips to Transition from an ACIDIC lifestyle and diet, to a plant-based, ALKALINE lifestyle.](#)

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

BROCCOLI ZUCCHINI STIR-FRY

Ingredients [Serves 4]

- 1 head broccoli, cut into bite size pieces
- 1 large zucchini, cut into bite size pieces
- 3 bunches scallions, cut on the diagonal into bite size pieces
- 2 small yellow onions, cut into bite size pieces
- 4 cloves garlic, minced
- 2-inch piece of ginger, sliced very thin
- 1 tbsp. julienned basil
- 2 tbsp. coconut oil
- 2 tbsp. toasted sesame oil
- Topping: Braggs Liquid Aminos (1 oz. or desired amount to top stir-fry)



Optional: Sliced carrots, snow peas, and/or red or yellow bell pepper slices

Directions: Combine the coconut oil and sesame oil in a large wok on a medium heat. Once heated, add garlic and ginger. Cook for about 4 minutes, then add broccoli and yellow onions.

Cook for about 3 minutes then add in the zucchini, scallions, and basil, and cook for another 3 minutes or until vegetables are crisp tender.

Sprinkle with the Braggs Liquid Aminos and remove from the heat. Serve and enjoy!

Alkamind
GET OFF YOUR ACID



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