

Cozy Winter Pasta

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Last time, when I gave you my top [7 ways to kick acid \(and stress\) to the curb](#), I mentioned how you might want comfort foods when you're stressed, but your body wants the opposite. It wants fresh, healthy foods that fight free radicals and acids that build up due to stress.

However, there is one exception to that rule. Your body will be happy you're eating comfort foods if they are alkaline comfort foods. Yes, they do exist!

This succulent recipe with a hint of heat (optional) has nutrient-rich, alkaline foods and as always, it's really low acid.

This makes a perfect weeknight dinner at this time of year because it is ready in 25 minutes and feels warm and nourishing.

You'll feel like you're indulging because it's so yummy, but you won't feel a bit guilty putting all of this good stuff into your body!

If you haven't tried kelp noodles, they might become a new favorite! They're made from seaweed, but they don't have a seaweed taste. Instead, they take on the flavors of whatever you're cooking.

In this case, they take on the flavor of garlic, springy leeks, and roasted broccoli, plus aromatic herbs. Most grocery stores sell them in the Asian foods or pasta aisle these days.

If you can't find kelp noodles or are looking for a good substitute, grab your spiralizer or vegetable peeler and make some zucchini noodles.

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Serves 4

INGREDIENTS

1 medium head of broccoli
3 tablespoons extra virgin olive oil or coconut oil
3 cloves garlic, minced
1 package of kelp noodles
½ teaspoon red pepper flakes (optional)
1 leek, thinly sliced
1 handful chopped parsley
1 sprig of chopped rosemary
1 can of garbanzo beans, drained and rinsed (optional)
Salt and pepper



DIRECTIONS

Heat oven to 400°. Toss the broccoli in olive oil, garlic, salt, and red pepper flakes. Roast for 20 minutes until fork tender.

Rinse and drain kelp noodles and soak in a pot of hot water.

While broccoli cooks, heat 2 tablespoons of oil in a sauté pan and cook leeks until melted, about 8 minutes.

Drain the kelp noodles and add them to the leeks. Cook for another 7-8 minutes.

Combine the broccoli to the pan. Add parsley, rosemary, salt, and pepper.

For added protein you can add a can of garbanzo beans.

Enjoy!



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