

## Sautéed Greens With Garlic and Parsley Recipe



None of us, myself included, are eating enough greens.

In fact, we could eat dark, leafy greens 5 times a day, and still not get enough of the essential vitamins and minerals they supply.

Before we go further, let me preface that this is not entirely your fault!

Sadly, that's because of SOIL DEGRADATION, which makes my post on Thursday of this week about the ingredients in your mineral supplements increasingly important, so be on the lookout for that.

In the meantime, adding more servings of delicious greens like today's recipe is going to do wonders for your health.

It will make it easier to slim down or maintain your weight, it will give you lasting, natural energy, your bones will get stronger from all of the minerals greens supply, and your hair, skin, and nails will look fantastic.

This tasty recipe cooks quickly and easily and works as a side dish or a light entrée or lunch. We eat this at least once a week around our house.

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

## Sautéed Greens With Garlic and Parsley

Ingredients [Serves 2]

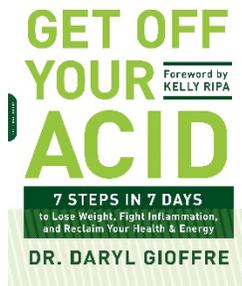
1 tbsp. coconut oil  
3 cloves garlic, finely chopped  
Juice and zest of 1 lemon  
1 bunch dark, leafy greens such as kale or collard greens  
1/2 cup vegetable broth (yeast-free)  
Handful of chopped parsley  
Sea salt (Celtic Grey, Himalayan, or Redmond Real Salt)  
and black pepper to taste



## DIRECTIONS

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

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



There are lots more delicious sides and entrees in my new book, *Get Off Your Acid: 7 Steps in 7 Days to Lose Weight, Fight Inflammation, and Reclaim Your Health and Energy.*

In fact, you'll find more than 50 recipes in addition to all of the information about your alkaline health.

Here's what The Food Revolution Network Founder, Ocean Robbins, had to say about it...



**"Food can either be a destructive force that leads to epidemic illness and degradation, or..."**

"Food can either be a destructive force that leads to epidemic illness and degradation, or it can be a powerful tool that will vastly lower rates of chronic illness, and improve the lives of people everywhere. Get Off Your Acid will help you to make wise choices, so that the food you eat can help to propel you towards the health you deserve. Read it, and put it into action. You'll be reaping the benefits for the rest of your life."

-Ocean Robbins, CEO, The Food Revolution Network