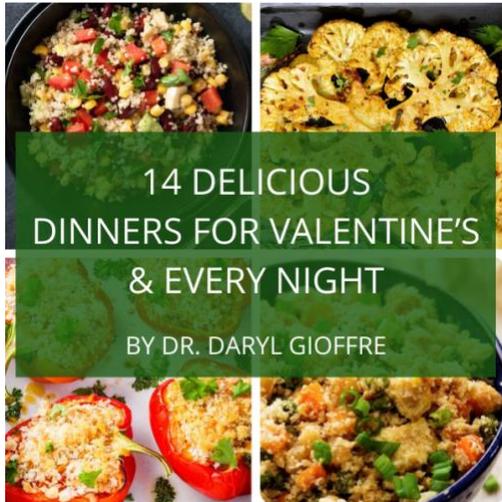


# 14 Delicious Dinners for Valentine's & Every Night of the Week



Valentine's Day is this Sunday!

If you usually go out to dinner to celebrate with your special someone, this might be the year you try the best hidden gem in the city – your own kitchen!

Chelsea and I love to stay home and enjoy a cozy, romantic meal on Valentine's Day after we put the kids to bed. We cook something delicious and then split dessert. And the whole meal is alkaline, anti-inflammatory, and energizing. What restaurant Valentine's menu can say that?

In order to make it easy for you to cook up a tasty and healthy dinner at home – on the 14<sup>th</sup> or any night – we've pulled together 14 of our favorite alkaline recipes that make great entrees.

[And if you're looking for dessert inspiration, here's a list of all my favorites.](#)

So without further ado, let's get started with 14 delicious and nutritious dinner recipes you can make easily this Valentine's Day.

## CAULIFLOWER STEAKS WITH GINGER, TURMERIC, AND CUMIN

This recipe was originally featured in my [first book](#). I ordered the dish it's based on at Morini, a wonderful restaurant in Manhattan, and Chelsea and I both fell in love with it. After much trial and error, we finally re-created it, making an anti-inflammatory version of the steak sauce. It has become a favorite dinner for special evenings at home for the two of us.

## QUINOA STUFFED TOMATOES

You probably already have the ingredients for this super-star dinner on hand at

home. It's also really versatile. You could swap red bell peppers for the tomatoes, cauliflower rice for the quinoa, chickpeas for the cannellini beans, or another herb for the basil.

To make it really easy for weeknight dinners, Chelsea and I like to make a batch or two of quinoa over the weekend that we can use for this and add to lunches, salads, or anything else during the week.



### SALMON AND SPRING VEGETABLE CURRY

This non-vegan recipe utilizes one of the best types of fish you can eat, wild-caught Pacific or Alaskan salmon. You know I rarely post recipes that involve animal protein, but this one is very alkaline and delicious for anyone who eats fish.

That said, this curry dish is equally tasty without any animal protein, so you can certainly skip the salmon altogether and enjoy a highly alkaline dinner, but if you like to eat animal protein now and then, this is a great way to do it. Salmon is high in omega-3 fatty acids, low in mercury, and mildly alkaline.

### BLACK BEAN AND AVOCADO LETTUCE CUPS

This is an avocado recipe you're going to love. These lettuce cups are so good, you'll swear you eating out at a gourmet restaurant!

But unlike the food in most restaurants, they're actually packed with nutrition. You'll get protein, and a whole host of vitamins and minerals.

Kids love these lettuce cups so they make a great family dinner or lunch, and you can prepare them in just a few minutes, which is because you might need to make seconds!



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### COZY WINTER PASTA

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 good ingredients like broccoli, leeks, chickpeas, and herbs 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. 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.

### BRUSSELS SPROUTS WITH PISTACHIOS AND LEMON

This dish feels special, even though it only takes a few minutes to bring together. If you make it on Valentine's, your loved one will enjoy the tasty vegetables bursting with vitamins and minerals. If you've never tried Brussels sprouts with lemon before, you are in for a flavor combo you'll want again and again.



### ANTI-INFLAMMATORY THAI NOODLES

I love Thai food. I just wish it weren't so full of inflammatory ingredients. But you know what that means! I don't stress about it – I make my own anti-inflammatory, alkaline Thai-inspired dishes. This one is so delicious. Whether you use kelp noodles or zoodles (zucchini noodles), you'll love the dressing and veggies in this bowl.

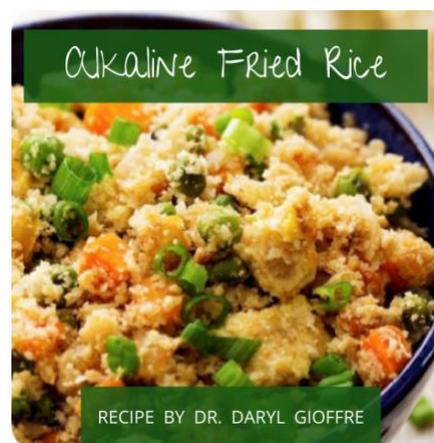
Plus, it's ready in less than 15 minutes, so it makes a great weeknight dinner. That way, you don't have to order acidic, heavy take-out on even the busiest nights.

### ALKALINE FRIED "RICE"

This is one of our family favorites, and we eat it probably once every couple of weeks.

If you like fried rice, you're going to love this alkaline take on it that cooks up quicker than you can order take out and get it delivered. It's super easy, and totally delicious.

We've found this recipe is a great way to use up veggies left over from other recipes, like cabbage, carrots, onion, broccoli, and any other vegetables you love that you want to throw in.



### SOUTH OF THE BORDER QUINOA SALAD

This hearty salad is a flavor and texture party: black beans, quinoa, red pepper, avocado, scallions, cilantro, lime, and any other veggies you want to throw in. You could

add leafy greens and make it into a more traditional salad, or tomatoes and jalapeños for a fresh, spicy version. If you make the quinoa in advance, this only takes a few minutes to put together for a savory, satisfying, alkaline dinner.

### KALE PESTO PASTA

This delicious pesto recipe is going to be one of your new favorites because it's so good. If you haven't tried kale pesto, it's a tasty variation on the classic. You could use spinach or other dark, leafy greens instead though. It's very versatile.

Pesto is one of those sauces that feels gourmet even though it's ready in minutes, so if you haven't made your own pesto before, don't be intimidated.



### SPICY LEMONGRASS WITH GARLIC STIR-FRY

This entrée gives you tasty Thai lemongrass flavors without any acid. It's a great dinner filled with nutrient-rich veggies in a sauce that is amped up with flavor. If you're not into spicy foods, don't worry – you can add as little or as much chili as you want. This is one of those dishes where you're going to be fighting over who gets to eat the leftovers!

### QUINOA BURRITO BOWL

An Alkamind favorite! This entree is a weekly staple in our house because our kids love it too.

It's so easy to make and so delicious. I like adzuki beans not only because they are a complete protein but also because they are smaller and easier to digest than other beans, you could use black beans instead.



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### COLLARD GREEN BANH MI

This recipe tastes so good, and like a traditional Vietnamese banh mi, it's a flavor combination you're going to love. Unlike a traditional banh mi, this one is super alkaline. It's also so easy to prepare that I think you're going to find yourself making it regularly. You could use another leafy green like romaine or Bibb lettuce in place of the collard leaves if you prefer.

## QUINOA-STUFFED BELL PEPPERS

This recipe is featured in my book, [GET OFF YOUR ACID](#). I love the way all the ingredients are packaged neatly in each delicious bell pepper. Traditionally, this recipe is often stuffed with ground beef, cheese, and rice. You know what I think about those: acid city. My version is alkaline and equally as flavorful and satisfying. It makes a hearty meal, especially on cold nights.

Ingredients (serves 4)

1 cup quinoa  
2 cups □filtered water or yeast-free vegetable broth  
1 tbsp. coconut oil  
1/2 cup yellow onion, chopped  
1/2 cup tomatoes, chopped  
1 cup canned adzuki beans (I prefer Eden Organic)  
1 tbsp. cumin  
1/4 cup cilantro, chopped  
8 red bell peppers  
1 1/2 cups vegetable broth (yeast-free)  
2 sliced avocados  
Salt (Celtic Grey, Himalayan, or Redmond Real Salt)  
Squeeze fresh lime juice  
Black pepper to taste

For the quinoa: in a small saucepan, combine the quinoa with the water over medium heat and bring to a boil. Lower the heat, cover, and continue to cook until all of the water has evaporated and the quinoa is tender, about 15 to 20 minutes. Uncover and fluff the quinoa, and transfer it to a large bowl.

For the onion mixture: in a large skillet over medium heat, add the coconut oil and onions. Sauté□ the onions until slightly softened, about 2 minutes. Add the tomatoes and cook for another minute. Next, add in adzuki beans, cumin, and cilantro. Cook approximately another 2 minutes and remove from the heat.

Combine the quinoa and onion mixture well. Cut the tops off the bell peppers and remove the insides. Fill each pepper with the quinoa and onion mixture. Place the stuffed peppers in a large pot or Dutch oven and pour the vegetable broth into the bottom of the pot. Cover and cook over a very low flame for about 45 minutes.

When ready to serve, remove the lid and let cool for 5 to 10 minutes. Transfer the quinoa peppers to plates using a slotted spoon. Place a few slices of avocado on top, squeeze some lime juice, and season with sea salt and black pepper.



## Don't forget to take Acid-Kicking Minerals before bed!



Did you know that getting plenty of magnesium and other essential minerals helps prevent a hangover and improve energy and focus the next day?

By ending your day with [Acid-Kicking Minerals](#) every night, you're ensuring that you get enough magnesium, as well as the right balance of calcium, potassium, and sodium bicarbonate, all from quality sources unlike most other supplements.

*GET OFF YOUR ACID!*

Dr. Daryl