

Artichoke Heart And Basil Chickpea Bowl Recipe



One cool side benefit of eating alkaline is that you actually SAVE money at the grocery store. (*For more on how to save money while eating healthy, watch for my blog post on Thursday.*)

This recipe is a perfect example. It uses canned chickpeas, artichoke hearts (which you can buy canned in extra virgin olive oil), and quinoa, in addition to fresh vegetables.

For just a few dollars per serving, you've got a satisfying meal that helps you get energized, lose weight if you want to, and prevent chronic inflammation.

Plus, it's delicious! It's perfect for this time of year. It tastes like springtime.

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

ARTICHOKE HEART AND BASIL CHICKPEA BOWL

Ingredients [serves 2]

- 1 cup quinoa
- 2 cups filtered water (or vegetable broth, yeast-
- 1 15 oz. can of chickpeas (Eden Organics is a brand)
- 4 artichoke hearts, chopped
- Large handful of basil, chopped
- 1 zucchini, chopped
- 1 handful spinach



free)
great

Dressing Ingredients

- 1/2 lemon, freshly juiced
- 2 garlic cloves, minced
- 1/4 cup extra virgin olive oil
- Sea salt (Celtic Grey, Himalayan, or Redmond Real Salt) and black pepper to taste

Directions

Cook quinoa by combining 2 cups of filtered water with 1 cup of quinoa in a pot over high heat. When the water comes to a boil, cover the pot and turn heat down to the lowest setting for 30 minutes.

In a bowl mix together the beans, artichoke hearts, zucchini, and basil. In a separate bowl, whisk together the lemon, garlic, olive oil, sea salt, and black pepper.

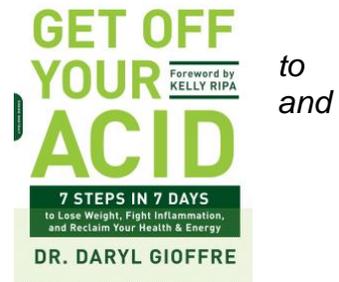
Fill individual serving bowls with quinoa and mixed greens. Spoon the bean mixture onto the greens and pour dressing over the bowl. Serve and enjoy!

GET OFF YOUR ACID!
Dr. Daryl

Want more recipes like this one?

My best-selling book, [*Get Off Your Acid: 7 Steps in 7 Days Lose Weight, Fight Inflammation, and Reclaim Your Health Energy*](#), is full of recipes, tips, and ideas to take you from sluggish and in pain to healthy, energetic, and slim.

Kelly Ripa, who wrote the Foreword, had this to say:



“What I like most about Dr. Daryl’s method is that it’s not a ‘diet’ but more of a lifestyle change. There’s no counting calories or limiting portion sizes, only a new awareness of ‘alkaline eating.’ Once you learn the difference between alkaline and acidic ingredients, you will know what to eat and will be able to benefit from keeping this balance in your bodies.



“Whether your goal is to lose weight, sleep deeper, feel more rested, think more clearly, or boost your energy, this plan will get you there...”

#getoffyouracid #alkalineresipes #alkamind #plantbased #quinoaabowls #vegan