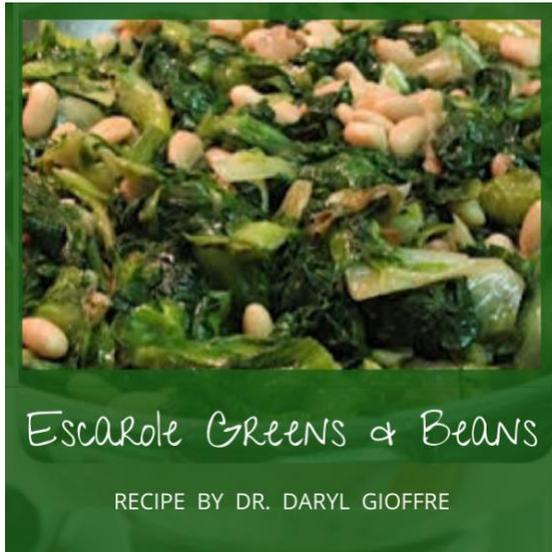


Escarole Greens & Beans Recipe by Dr. Daryl



Today's recipe would make a great, hearty dinner for Halloween before heading out for trick or treating.

Filling up on savory sautéed greens and cannellini beans would help counteract some of the acid and sugar in any candy your kids get into.

You can also substitute chickpeas for the cannellini beans. Or skip the beans altogether if you just want to enjoy the greens.

Did you know that eating plenty of greens like escarole is one of the best ways to improve your sleep? Find out other ways to get better

rest on Thursday in my latest blog post.

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

ESCAROLE GREENS & BEANS

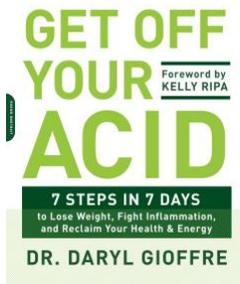
Ingredients [Serves 2]

2 large heads escarole, rinsed, drained, and coarsely chopped
1 15 oz. can cannellini beans (I use Eden Organic, rinsed well)
6 cloves garlic, minced
1/4 cup extra virgin olive oil
Sea salt to taste (Celtic Grey, Himalayan, or Redmond Real Salt)
Pinch crushed red pepper flakes



Directions

In large sauté pan, add olive oil (enough to coat the bottom of the pan) and the garlic. Sauté over medium heat until garlic begins to brown. Add escarole, sea salt, and pepper and cook until wilted but still with a little crunch. Add beans, toss and cook until the beans are heated through.



There are lots more delicious dinner ideas in my best-selling 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 Mario and Courtney Lopez had to say about it...



"We're able to eat delicious food and be the healthiest versions of ourselves."

"With obesity rates being what they are, eating clean is a big deal in our house. As parents, it's important to model healthy eating for our kids and show them what a sensible plate looks like. We feel our best when we're taking care of ourselves physically, and that's what Dr. Daryl's book, *Get Off Your Acid*, has done for us. We're able to eat delicious food and be the healthiest versions of ourselves. Thank you, Dr. Daryl!"

-Mario and Courtney Lopez

GET OFF YOUR ACID!
Dr. Daryl

#getoffyouracid #alkalinerrecipes #alkamind #plantbased #dinnerideas #vegan