

Italian Marinated Zucchini Squash Recipe

Dr. Daryl Gioffre

<http://www.GetOffYourAcid.com>

With summer season here, I love enjoying light, fresh, and healthy alkaline dishes. And with farmers markets overflowing with organic, local produce it makes it easy to indulge and save a buck! This Italian Marinated Zucchini Squash with Sun Dried Tomatoes is quick and easy to make, and can be eaten cold, sauteed, grilled, or even dehydrated. Either way, it will definitely cure your craving for all things deliciously summer!

Zucchini and yellow squash are highly alkaline and rich in antioxidants. Their skins are high in fiber and help reduce constipation and protect against colon cancer. Yellow skinned varieties help scavenge harmful toxins and free radicals from your body that make you pre-maturely age! Zucchini itself has folates important during early pregnancy, and they both contain the alkaline mineral potassium that helps reduce blood pressure and elevated heart rates.

If you decide to cook your squash, flash steaming (4 minute steam) is your best option. Summer squash retains its antioxidant effects after steaming. Even frozen squash holds onto its antioxidant effects after steaming.

Tomatoes are an alkaline fruit that are a great source of vitamins A and C, folic acid, and antioxidants. The antioxidant alpha-lipoic acid helps the body to convert glucose into energy, and can aid in blood sugar control. Choline found in tomatoes helps with sleep, muscle movement, learning, and memory.

Olive oil is rich in Omega 9 fatty acids, helping people live longer life expectancies and lowering the risks of heart disease, high blood pressure, and stroke. People who regularly consume olive oil are less likely to develop cardiovascular diseases, including high blood pressure, stroke and high cholesterol.

There are many health benefits of switching from table salt which is refined and heavily processed to healthy sea salts like Celtic Grey or Himalayan loaded with healthy alkalizing minerals:

- helps neutralize ACID
- builds a stronger immune system
- helps alkalize the body
- helps with weight loss
- relieve skin conditions
- reduces chronic inflammation
- reduces high cholesterol levels and blood pressure

- reduces the need for insulin in diabetics
- helps prevent osteoporosis
- decreases muscle spasms
- and helps moderate hormones that contribute to depression.

So go support your local farmer's market, grab some summer squash, and.... **GET OFF YOUR ACID!**

Italian Marinated Zucchini Squash with Sun Dried Tomato

[Serves 4] *

INGREDIENTS

- 2 fresh zucchini
- 2 fresh yellow squash
- ½ cup chopped sun-dried tomatoes
- 1 tbsp. olive oil
- 1 tbsp. minced oregano
- 1 tbsp. minced dill
- 1 tbsp. minced basil
- 1 tsp. sea salt



Slice zucchini and squash into thin, half-mooned shape slices and place in bowl.

Next, add rest of the ingredients into the mixing bowl with the vegetables slices and toss. Let vegetables marinate for 30-60 minutes. Eat raw, OR do a flash saute or steam for no more than 4 minutes, OR dehydrate in an Excalibur Dehydrator for 30 minutes at 115 degrees (gives an awesome sauteed effect while preserving ALL the enzymes), or simply just throw them on the grill for a few minutes summer style .