

# Alkaline Diet Recipe: Summer Zucchini Squash Stuffed Tomatoes

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Last time, we talked about the science-backed diet that is becoming all the rage...

The alkaline diet!

As you saw [in the article](#), there is some serious science to support the alkaline foods I encourage you to eat each week.

Today, I've got a deliciously alkaline recipe that you're going to enjoy all summer long.

Tomatoes might be starting to hit the farmers' markets where you live, and if so, this is a great way to enjoy the low-sugar, low-acid fruit that is so flavorful at this time of year.

If you love cheese, you've got to try the Creamy Nut Cheese that you'll stuff these tomatoes with. It will satisfy your cheese cravings for sure.

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

## Zucchini Squash Stuffed Tomatoes

Serves 2

### INGREDIENTS

#### **Creamy Nut Cheese**

1/3 cup filtered water (water and nuts should be at same level in blender)

1 cup macadamia nuts

1/4 cup pine nuts (can use cashews as a replacement)

1/4 cup lemon juice, fresh squeezed

1/2 red bell pepper, chopped

1 tsp. sea salt (Celtic Grey, Himalayan, or Redmond Real Salt)

#### **Italian Marinated Zucchini Squash with Sun Dried Tomato**

2 fresh zucchini

2 fresh yellow squash

1/2 cup sun-dried tomatoes, chopped

1 tbsp. olive oil

1 tbsp. minced oregano

1 tbsp. minced dill

1 tbsp. minced basil

1 tsp. sea salt



## Tomato Cups

1 medium size tomato

Paprika, dill, and black pepper to taste

### DIRECTIONS

*For Creamy Nut Cheese:* Add all ingredients for the nut cream except the bell pepper to the blender. Blend on high speed. Once blended, add bell pepper and blend again.

*For Italian Marinated Zucchini:* Slice zucchini and squash into thin, half-mooned shape slices and place in a bowl. Next, toss the vegetable slices with the spices and sun-dried tomatoes. Let vegetables marinate for 60 minutes. Eat raw OR do a flash sauté for no more than 4 minutes. You could also dehydrate in an Excalibur Dehydrator for 60 minutes at 115 degrees.

*For Tomato Cup:* Finally, cut the tomato in half and scoop out the insides to make a tomato 'cup'. Take the tomato you scooped out and chop it up along with 2 spoonfuls of the Italian Marinated Zucchini. Add a heaping spoonful of the Creamy Nut Cheese and mix it all together. Now stuff the mixture back into the tomato cups and garnish with paprika, dill, and black pepper.

Enjoy!

I've got a ton of quick and tasty dinner ideas like this one in my [Get Off Your Acid 7-Day Cleanse](#) that are perfect for you if you want to shed extra pounds, eat healthier than ever before, and GET OFF YOUR ACID!



[Learn more now!](#)

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