

# 60 Days to Reclaim YOUR Health



## MARINATED SUMMER SQUASH WITH PICO DE GALLO

By Kirk Talley, Hallelujah Acres Executive Chef

### Squash

2 large yellow squash, ends trimmed  
1 red bell pepper, sliced in thin julienne  
unrefined sea salt to taste

1/2 red onion, sliced in thin julienne  
1/2 tsp dried oregano  
1 tsp extra virgin olive oil

1. Using a mandolin with the blade set for shredding, cut the squash into thin strips.
2. Add the onion, bell pepper, and oregano.
3. Add a small amount of salt and olive oil.
4. Gently toss the mixture to distribute the ingredients (take care not to break the strands of squash).

### Pico de Gallo

2 large, ripe tomatoes  
2 jalapeño peppers, seeded and diced, then minced  
juice of 1 lime  
extra virgin olive oil

1 small white onion, diced fine  
1 Tbsp fresh cilantro, roughly chopped  
unrefined sea salt

1. Combine all ingredients in a mixing bowl.
2. Add a small amount of oil and season lightly with salt. Toss the mixture to combine well.

### Presentation

1. Using your hand, pick up a good amount of the squash mixture and twirl it on the plate to create a mounded base for the Pico de Gallo.
2. Top the squash with the Pico de Gallo, and garnish with fresh oregano, cilantro, or a lime wedge.



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## RAW MARINARA TOMATO SAUCE

By Kim Wilson, author of *Everyday Wholesome Eating...In the Raw*

### Ingredients

12 sun-dried tomatoes

4-5 pitted dates

1 clove garlic

1 Tbsp lemon juice

1/2 tsp oregano

Optional: pinch of cayenne

2-3 fresh tomatoes

1/4 sweet red onion

1/4 cup olive oil

1 tsp unrefined sea salt

1 tsp dry basil or 1/2 cup fresh

### Directions

#### Prep:

1. Presoak sun-dried tomatoes and dates in water for at least 1 hour before using.
2. Reserve soak water. Soak water is used for flavor and to create desired consistency.

#### For smooth sauce:

1. Puree all ingredients together in a blender, except herbs.
2. Mix in herbs and soak water and allow to sit for at least 1 hour before serving.

#### For chunky sauce:

1. Coarsely chop fresh tomatoes in food processor then put aside in a bowl.
2. Process rest of ingredients along with soak water as smooth as possible, then mix into bowl with tomatoes.
3. Allow to set for at least one hour before serving.

#### For thicker sauce:

Leave out 1/4 cup soak water.

You can substitute 3 cups of cherry tomatoes or 5-6 Roma tomatoes for the 2-3 fresh tomatoes.

Pour over veggie pasta or thinly sliced zucchini.