

# 60 Days to Reclaim YOUR Health

## DEVILED TOMATOES

By Jackie Graff of *Sprout Raw Food*  
Serves 8

### Ingredients

#### Filling

1/2 large sweet onion, chopped fine  
1 red bell pepper, chopped fine  
1 cup celery, chopped fine

#### Dressing for filling

1 cup macadamias, soaked 8 hours and drained	2 tsp dry mustard
1 Tbsp raw honey	2 tsp ground cumin
1/2 tsp sea salt	2 tsp turmeric
1/4 cup lemon juice	1 Tbsp thyme, chopped fine

8 Roma tomatoes  
1 tsp unrefined salt for tomatoes  
sunflower sprouts for garnish

### Directions

1. Place the chopped onion, peppers, and celery in a bowl.
2. For the "mayo," blend the macadamias, dry mustard, honey, cumin, salt, turmeric, lemon juice, and thyme, then add to the vegetables and mix well.
3. Cut the tomatoes in half, scooping out the pulp. Save it for another recipe.
4. Use sea salt to salt the inside of the tomato and turn over to drain.
5. Place the vegetable mixture in the drained tomatoes.
6. Garnish with sprigs of thyme, dill, or sprouts.

**Author's suggestion:** make the filling and have the tomatoes cut and drained ahead of time, filling them just prior to serving.