



Gazpacho

Yield: 6 servings

Serving size: 1 cup

Ingredients:

- 4 cups tomato juice (For less sodium, use low-sodium tomato juice)
- ½ medium onion, peeled and coarsely chopped
- 1 small green pepper, peeled, cored, seeded, and coarsely chopped
- 1 small cucumber, peeled, pared, seeded, and coarsely chopped
- ½ teaspoon Worcestershire sauce
- 1 clove garlic, minced
- 1 drop hot pepper sauce
- 1/8 teaspoon cayenne pepper
- ¼ teaspoon black pepper
- 2 tablespoon olive oil
- 1 large tomato, finely diced
- 2 tablespoons minced chives or scallion tops
- 1 lemon, cut into 6 wedges



Directions:

1. Put 2 cups of tomato juice and all other ingredients except diced tomato, chives, and lemon wedges into the blender.
2. Purée.
3. Slowly add the remaining 2 cups of tomato juice to puréed mixture. Add diced tomato. Chill.
4. Serve icy cold in individual bowls garnished with minced chives and lemon wedges.

Nutrition Facts: Calories: 87; Total fat: 5 g; Saturated fat: less than 1 g ; Cholesterol: 0 mg; Sodium: 593 mg

Source: *A Healthier You*, Centers for Disease Control and Prevention



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