



Watermelon Gazpacho

Yield: 4 servings

Ingredients:

- 4 cups cubed, seeded watermelon, divided
- 1 cucumber, peeled, coarsely chopped, divided
- 1 garlic clove, minced
- 2 tbsp chopped onion
- 2 tsp lime juice



Directions:

1. In a small bowl, mix 1 cup of cubed watermelon and $\frac{1}{2}$ of chopped cucumber; set aside.
2. Process remaining ingredients in a food processor or blender until puréed.
3. Transfer all ingredients to a large bowl and stir.
4. Refrigerate until ready to serve.

Nutrition Facts: Calories, 70; Calories from fat, 15; Total fat, 1.5g; Saturated fat, 0g; Trans fat 0g; Cholesterol, 0mg; Sodium, 0mg; Total Carbohydrate, 13g; Fiber, 1g; Protein, 1g; Vit. A, 20%; Vit. C, 25%; Calcium, 2%; Iron, 2%.

Source: www.choosemyplate.gov

