

GAZPACHO

PREP TIME: 20 min
COOK TIME: n/a
SERVINGS: 4
SERVING SIZE: 1 cup



INGREDIENTS

- 1 cucumber, diced
- 1 large tomato, diced
- 1/2 yellow onion, diced
- 1 red pepper, diced
- 1 garlic clove, minced
- 1 tablespoon olive oil
- 1 tablespoon red wine vinegar
- 1 1/2 cups tomato juice or V8 juice
- 1/2 cup ice water
- 1/2 teaspoon salt
- 1/2 teaspoon dried dill or 1 teaspoon dried cilantro or basil
- Optional toppings: feta cheese, diced avocado, croutons, fresh herbs

DIRECTIONS

1. Place diced cucumber, tomato, onion, pepper and garlic in a large mixing bowl, and stir.
2. Using a food processor or blender, put about half of the vegetable mixture into the processor and put the top on tightly. Pulse 2 or 3 times or until the ingredients are chopped up even more, but not so much that the mixture is smooth. If you don't have a food processor or blender, you can mash the mixture with a fork or potato masher.
3. Pour the mixture back into the bowl.
4. Add the olive oil, vinegar, tomato or V8 juice, water, salt and herbs to the bowl. Stir everything together.
5. Add desired toppings just before serving. Enjoy!

This is a great dish to make ahead! Cover and refrigerate for a few hours or overnight to allow the flavors to develop.

Recipe adapted from www.chopchopmag.org.



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