

RECIPE

Watermelon Gazpacho

Start to Finish: 30 minutes Servings: 4

Ingredients:

4 cups cubed, seeded watermelon, divided
1 cucumber, peeled, coarsely chopped, divided
1 garlic clove, minced
2 tablespoons chopped onion
2 teaspoons lime juice
1 teaspoon olive oil
1 tablespoon chopped fresh basil
1/8 teaspoon ground black pepper
1/2 jalapeño pepper, seeded and chopped (optional)

Directions:

1. In a small bowl, mix 1 cup of cubed watermelon and 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 Information Per Serving:

70 Calories; 1.5 g Total Fat; 0 g Saturated Fat; 0 g Monosaturated Fat; 1 g Fiber;
0 mg Cholesterol; 0 mg Sodium; 13 g Carbohydrates; 10 g Sugars; 1 g Protein