

Farmer's Market Gazpacho



Ingredients:

- 2 cucumbers, diced into ¼-inch pieces
- 3 red bell peppers, seeded and diced into ¼-inch pieces
- 3 green peppers, seeded and diced into ¼-inch pieces
- 4 celery stalks, diced into ¼-inch pieces
- 2 tomatoes, diced into ¼-inch pieces
- 1 medium onion, diced into ¼-inch pieces
- 2 lemons
- 2 cups low-sodium tomato juice
- 3 fresh garlic cloves, minced
- 1 tablespoon ground cumin
- 1 cup fresh chopped cilantro
- Salt and pepper to taste

Preparation:

1. Combine all ingredients except salt, pepper, and lemons in a bowl.
2. Remove 2 cups of the mixture and reserve.

3. Using a blender or food processor, puree the remaining mixture in the bowl.
4. Add 2 cups of reserved mixture to the pureed mixture.
5. Season with salt and pepper and the juice from the lemons.
6. Cover mixture and refrigerate for at least two hours before serving.
7. Garnish with chopped cilantro and serve cold.

Yields 4 servings

Nutritional Information Per Serving:

140 calories, 5 g protein, 30 g carbohydrate (8 g fiber), 1.5 g fat, 0 mg cholesterol, 65 mg sodium

Source: U.S. Department of Agriculture

Dining Smart Community is a program of UPMC Health Plan that supports healthy dining options in the workplace and the community.
Learn more at www.upmchealthplan.com/dscommunity.

