

Red Pepper Gazpacho

- 1 cup diced red pepper
- 4 cups diced tomatoes
- 2 cups English cucumber, seeded and diced
- 2 garlic cloves, minced
- 1 cup water
- 3 tbsp extra virgin olive oil
- 2 tbsp red wine or sherry vinegar
- ¼ tsp coarse salt
- ¼ cup fresh basil leaves

In a blender or food processor, combine red pepper, tomatoes, cucumber, garlic, water, oil

and vinegar. Process until coarsely puréed. Serve with a pinch of coarse salt and fresh basil leaves.



Makes 6 servings. Per serving:

97 calories | 1.5g protein | 7g total fat | 1g saturated fat | 5g mono fat | 1g poly fat
0mg cholesterol | 8g carbohydrate | 1g sugar | 2g fiber | 109mg sodium