

# EASY | RECIPE

## Gazpacho with Whole-Grain Orzo

Cool soup with summer-fresh ingredients.

4 cups chopped fresh **tomatoes**  
 $\frac{2}{3}$  cup cooked **whole-grain orzo pasta**  
1 cup diced **cucumber**  
1 cup diced **orange bell pepper**  
1 cup **water**  
 $\frac{1}{4}$  cup minced **shallots**  
 $\frac{1}{4}$  cup chopped fresh **basil or mint**  
1 tbsp **olive oil**  
1 tsp **hot pepper sauce**  
Juice of 1 **lime**

Purée 2 cups of tomatoes 20 seconds in blender. Pour into large bowl with remaining ingredients. Cover and chill at least 2 hours. **Serving suggestions:** Top with sliced avocado or cooked prawns; add salt and pepper to taste.



### Makes 7 cups. Per cup:

83 calories | 6.8g protein | 2.5g total fat | .3g sat fat | 1.4g mono fat | .3g poly fat  
| 0mg cholesterol | 16.5g carbs | 3.9g sugar | 4g fiber | 11mg sodium