

Gazpacho



Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

Ingredients

- 2 cucumbers, halved but not peeled
- 3 red peppers, cored and seeded
- 8 tomatoes
- 1 red onion
- 5 cloves of garlic
- 6 cups tomato juice
- ½ cup white vinegar
- ½ cup olive oil
- 1 tbsp. kosher salt (optional)
- 1 ½ tsp. pepper

Directions

1. Coarsely chop all the vegetables. Combine the vegetables, garlic, tomato juice, vinegar, olive oil, salt, and pepper in a large bowl.
2. Mix well and chill before serving. The longer it sits, the more the flavor develops.

Nutrition Facts: Serving size (1/8 of recipe) Calories: 207, Total Fat: 14g, Total Carbs: 20g, Dietary Fiber: 5g, Protein: 4g.



Source: University of Delaware Extension

Chilled Cantaloupe Soup

Serves: 6

Ingredients

- 1 cantaloupe – peeled, seeded and cubed
- 2 cups orange juice
- 1 tablespoon fresh lime juice
- Pinch of cinnamon
- Mint sprigs for garnish if desired



Directions

1. Peel, seed, and cube the cantaloupe.
2. Place cantaloupe and ½ cup orange, ¼ teaspoon lemon juice in a blender or food processor; cover, and process until smooth.
3. Transfer to large bowl. Stir in remaining lime and orange juice and cinnamon.
4. Cover, and refrigerate for at least one hour. Garnish with mint if desired.

Source: University of Delaware Extension