



Garden Gazpacho

Yield: 4-6 servings

Ingredients:

- 1 cucumber, halved and seeded
- 2 peppers, cored and seeded (can use any type of pepper: bell pepper, chili, Anaheim and jalapeno for a little heat)
- 4 -6 Roma tomatoes
- 1/2 red onion
- Fresh herbs: basil, oregano, parsley
- 2 garlic cloves, minced
- 3 cups of tomato juice
- $\frac{1}{4}$ cup fresh lemon juice (juice of one lemon) - can also use red wine vinegar or apple cider vinegar instead.
- $\frac{1}{4}$ cup olive oil
- $\frac{1}{2}$ tsp salt and freshly ground pepper
- garnish options: corn kernels, chopped greens, herbs, avocado, onion, mini toasts or croutons

Directions:

1. Chop the cucumbers, peppers, tomatoes, and red onions into 1- inch cubes. Put each vegetable separately into a food processor fitted with a steel blade and pulse until coarsely chopped. Add the garlic and herbs. Do not over process. Blend in the olive oil.
2. After each vegetable is processed, combine them in a large bowl. Mix in tomato juice, lemon juice, salt and pepper. Mix well and refrigerate. The longer gazpacho sits, the more the flavors develop.
3. Garnish options: corn kernels, chopped greens and herbs, avocado and onion.