



GAZPACHO

December 6

National Gazpacho Day

INGREDIENTS

- ½ Pound Celery (about 2 celery stalks, sliced)
- 1 Cup Water
- 2 Pounds Tomatoes
- ¾ Pound Red Bell Pepper
- ½ Pound Cucumbers (peeled into strips, about 3½ cups)
- ¼ Pound Red Onion (about ⅓ cup)
- 2 Garlic Cloves
- 2–3 Teaspoons Red Wine or Sherry Vinegar
- 2 Tablespoons Olive Oil
- 1 Teaspoon Salt (more to taste)
- ½ Teaspoon Pepper
- ½ Teaspoon Cumin
- ⅛ – ¼ Teaspoon Paprika
- ¼ Teaspoon Coriander
- ½ Cup Fresh Herbs (finely chopped Italian parsley, basil, mint, cilantro or dill)

DIRECTIONS

1. Blend celery and water in a blender. Strain, reserving the celery juice.
2. Rough chop half of the tomatoes, half of the cucumbers, half of the bell pepper, half of the onion, and both garlic cloves and add these to the blender with the celery juice and pulse repeatedly until uniformly chopped but not too smooth.
3. Finely dice the remaining tomato, cucumber, bell pepper, and onion and add to the gazpacho. Stir in the vinegar and salt (start light), pepper, spices and chopped herbs. Taste and adjust salt and vinegar.

MEAL PATTERN CONTRIBUTION

 Vegetable

MEAL TYPE

 Snack

YIELD

5½ Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Cup	½ Cup	¾ Cup	½ Cup