

# **Gazpacho**

From Stay Young at Heart – National Heart, Blood, and Lung Institute  
<http://www.nhlbi.nih.gov/health/public/heart/other/syah/gazpacho.htm>

## **Ingredients**

- 4 C tomato juice\*
- 1/2 medium onion, peeled and coarsely chopped
- 1 small green pepper, peeled, cored, seeded, and coarsely chopped
- 1 small cucumber, peeled, pared, seeded, and coarsely chopped
- 1/2 tsp Worcestershire sauce
- 1 clove garlic, minced
- 1 drop hot pepper sauce
- 1/8 tsp cayenne pepper
- 1/4 tsp black pepper
- 2 Tbsp olive oil
- 1 large tomato, finely diced
- 2 Tbsp minced chives or scallion tops
- 1 lemon, cut in 6 wedges

## **Instructions**

1. Put 2 cups of tomato juice and all other ingredients except diced tomato, chives, and lemon wedges in the blender.
2. Puree.
3. Slowly add the remaining 2 cups of tomato juice to pureed mixture. Add chopped tomato. Chill.
4. Serve icy cold in individual bowls garnished with chopped chives and lemon wedges.

**Makes 6 servings** ( 1 cup per serving)

## **Nutrition information for one serving**

Calories: 87  
Total fat: 5 g  
Saturated fat: <1 g  
Cholesterol: 0 mg  
Sodium: 593 mg\*

*\*To cut back on sodium, try low-sodium tomato juice.*