

Gazpacho with Cilantro Yogurt Topping

From the National Dairy Council

<http://www.nationaldairycouncil.org/Recipes/Pages/Gazpacho-with-Cilantro-Yogurt-Topping.aspx>

Ingredients

- 2 cups fat free plain yogurt
- ½ cup chopped fresh cilantro
- 4 large tomatoes
- 1 large red bell pepper
- 2 medium cucumbers, peeled, seeded, and sliced
- 1 large onion, chopped
- 3 cups tomato or eight-vegetable juice
- ¼ cup red wine vinegar
- 2 tsp. red pepper sauce
- ¼ tsp. pepper
- 1 garlic clove, finely chopped

Instructions

1. Stir together 1 cup of yogurt and cilantro. Set aside.
2. Cut 2 tomatoes, 1 cucumber, half of the red bell pepper, and half of the onion into 1-inch pieces. Place in food processor and process until well chopped
3. Add all remaining ingredients except the other half of the vegetables. Process until well blended.
4. Dice remaining tomato, cucumber, bell pepper, and onion. Stir into soup. Refrigerate at least 2 hours. Top each serving with a dollop of cilantro yogurt.

Makes 4 servings

Nutrition information per serving:

Calories	190
Carbohydrate	38 g
Dietary Fiber	5 g
Protein	12 g
Total Fat	0.5 g
Saturated Fat	0 g
Cholesterol	5 mg
Sodium	470 mg

