

Watermelon Gazpacho

Prep time: 30 minutes

Makes: 4 Servings

Watermelon can be combined with a savory ingredients for a surprising and refreshing twist in this simple and quick gazpacho recipe.

Ingredients

- 4 cups** cubed, seeded watermelon (divided)
- 1** cucumber (peeled, coarsley chopped, divided)
- 1 clove** garlic (minced)
- 2 tablespoons** chopped onion
- 2 teaspoons** lime juice
- 1 teaspoon** olive oil
- 1 tablespoon** chopped fresh basil
- 1/8 teaspoon** ground black pepper
- 1/2** jalapeño pepper, seeded and chopped (optional)

Directions

1. In a small bowl, mix 1 cup of cubed watermelon and 1/2 of chopped cucumber; set aside.
2. Process remaining ingredients in a food processor or blender until puréed.
3. Transfer all ingredients to a large bowl and stir.
4. Refrigerate until ready to serve.

Notes

Serving Suggestions: Serve with an 8 oz glass of non-fat milk and whole-grain pita bread/chips with hummus.



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	70	
Total Fat	1.5 g	2%
Protein	1 g	
Carbohydrates	13 g	4%
Dietary Fiber	1 g	4%
Saturated Fat	0 g	0%
Sodium	0 mg	0%

MyPlate Food Groups

Fruits	1 cup
Vegetables	1/2 cup