



Garden State Gazpacho

Makes 6 1-cup servings



Ingredients:

6 large, ripe plum tomatoes, chopped
1 large cucumber, peeled & chopped
1 large red or orange bell pepper, seeded & chopped
1/2 large sweet onion, chopped
2 Tablespoons lemon juice
2 Tablespoons olive oil
1 Tablespoon vinegar
Fresh basil, to taste
2-3 cloves garlic, or to taste
Salt & pepper, to taste

Other options:

1 small jalapeno pepper, seeded
Fresh cilantro instead of basil
Lime juice instead of lemon juice

Directions:

1. Wash all vegetables thoroughly.
2. Combine tomatoes, cucumber, pepper & onion in food processor & process until fairly smooth.
3. Add the remaining ingredients & season to taste.

Serve chilled.



Recipe created by Family & Community Health Sciences, Rutgers Cooperative Extension
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