

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



Watermelon-Tomato Gazpacho

Makes 6 servings

Top this refreshing cold summer soup with thin slices of watermelon, chopped red onion, and feta cheese

Ingredients:

- 5 cups watermelon cubes
- 3 large tomatoes, chopped
- 1 medium red pepper, seeded and quartered
- 1/4 cup minced red onion, plus extra for garnish
- 1/2 small jalapeno chili, optional
- 2 tablespoons olive oil
- 2 tablespoons balsamic vinegar
- 1 tablespoon lime juice
- 2 tablespoons olive oil
- 1/4 teaspoon salt
- 1/2 cup feta cheese

Directions:

Working in batches, in a blender or food processor puree ingredients until smooth. Serve immediately or chill up to 2 days. Garnish with feta cheese, thin slices of watermelon, and minced red onion.

Nutritional Information per taco:

Calories: 172	Carbohydrates: 33g
Total Fat: 4g	Cholesterol: 0mg
Saturated Fat: 0g	Dietary Fiber: 4g
Sodium: 260mg	Protein: 4g