

Green Gazpacho

Note that the longer this gazpacho sits, the more flavorful it becomes.

Makes 6 servings
Total time: 15 minutes

BLEND:

- 2 cups peeled, diced English cucumber
- 1 cup chopped romaine lettuce
- 1/3 cup packed fresh parsley
- 1/4 cup fresh mint leaves
- 3 scallions, diced
- 1 clove garlic, chopped
- 1 jalapeño, chopped (seeding optional)
- 3 Tbsp. extra-virgin olive oil
- 3 Tbsp. fresh lemon juice

ADD:

- 8 slices Pepperidge Farm white sandwich bread, crusts removed, diced (about 3 cups)
- 1 1/4 cups water
- Salt and black pepper to taste
- Extra-virgin olive oil
- Diced yellow tomatoes

Blend cucumber, romaine, parsley, mint, scallions, garlic, jalapeño, 3 Tbsp. oil, and lemon juice in a food processor or blender until smooth, 30 seconds.

Add bread and let stand until soggy, 2 minutes; blend into mixture. Add water to desired consistency; season with salt and pepper. Garnish servings with oil and tomatoes

Per serving: 128 cal; 8g total fat (1g sat); 0mg chol; 108mg sodium; 12g carb; 2g fiber; 3g protein