

Quick Gazpacho



Fresh, quick, and nutritious, this gazpacho is a delicious way to get your fill of vegetables in the summer. It's a recipe our nutritionists love to make on hot days—a light yet satisfying dish. Serve it as a starter at a meal with friends or as a side dish with your [Healthy Barbecue Dish](#)!

Preparation 15 min

Cooking 0 min

Servings 4

Nutrition Facts (per serving)

Calories 160

Fat 14

Carbohydrates 9

Fibre 3

Protein 2

Sodium 460

Ingredients

- 500 ml (2 cups) varied ripe tomatoes
- 1 English cucumber
- 1 bell pepper (red, orange or yellow), deseeded
- ½ bouquet cilantro
- ¼ small red onion, peeled

- 60 ml (¼ cup) olive oil
- 30 ml (2 tbsp) sherry vinegar
- 5 ml (1tsp) salt
- Pepper to taste
- Fresh herbs, cucumber, tomatoes, croutons etc for garnish

Preparation

1. In a blender or using an immersion blender, blend all the ingredients until smooth.
2. Pour into a bowl and serve with your choice of toppings.

Notes

Can be refrigerated up to 3 days and frozen up to 3 months in an airtight container,



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