



Snack | PEAK SEASON: Summer

Watermelon Gazpacho

Recipe by: Nico Williams

Sweet watermelon, ripe tomatoes, crisp cucumber, and fresh basil come together in this refreshing chilled soup. Bright, hydrating and packed with seasonal flavor, this no-cook recipe is a great way to enjoy summer harvest.

Nutritional Info

(yields 8 servings, serving size 1 cup)

Calories: 75

Total Carbs: 10g

Fiber: 3g

Protein: 1g

Fat: 7g

Sugars: 7g (naturally occurring)

Sodium: 290 mg

Ingredients

- 4 heaping cups cubed seedless watermelon
- 1 English cucumber
- 2 medium tomatoes, diced
- 1 red bell pepper, diced
- ¼ cup green onions, chopped
- 1 garlic clove
- ¼ cup basil leaves, packed
- 1-2 tbsp red wine vinegar
- 2 tbsp extra virgin olive oil, plus more for drizzling
- 1 tsp sea salt, or to taste
- A few grinds of black pepper (equal to a pinch of ground black pepper)
- 1 fresno chile, seeds and veins removed, diced

Instructions

1. Dice half of the cucumber, reserve the other half for garnish.
2. Combine the diced cucumber and all remaining ingredients in a large mixing bowl, stir to evenly distribute everything.
3. Working in batches if necessary, place the mixture in a blender and puree until smooth, transferring each pureed batch to a pitcher until all of the vegetables have been pureed.
4. Stir to evenly distribute the mix, then taste and adjust seasonings if needed. Chill for 3 to 4 hours or overnight.
5. Serve in a cold glass with a slice of cucumber.

Additional Info

- Naturally hydrating thanks to the watermelon and cucumber
- Excellent source of vitamin A & C
- Provides antioxidants like lycopene from tomatoes
- Contains heart healthy fats from olive oil
- Low in saturated fat
- Packed with fresh, seasonal veggies and herbs.



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