

Chilled, fruit, Picnic, tomato, Vegetable

Watermelon Mint Gazpacho

Adapted from Spanish Sabores blog



6 large tomatoes, very ripe, roughly cut into large chunks

1/2 cup green bell pepper

2 small cloves garlic, cut into a few pieces

1 small onion, roughly chopped

3 cups watermelon, ripe, ideally buy seedless

Salt to taste

2 tablespoons EVOO

4 teaspoons sherry vinegar

1 teaspoon balsamic vinegar, or maybe up to 2 tsp

1 teaspoon sugar, or more to taste (optional)

2/3 cup fresh mint leaves, plus more for garnish

Per Serving (excluding unknown items): 88

Calories; 4g Fat (35.6% calories from fat); 2g

Protein; 14g Carbohydrate; 2g Dietary Fiber;

0mg Cholesterol; 9mg Sodium; 9g Total

Sugars; 0mcg Vitamin D; 36mg Calcium;

1mg Iron; 393mg Potassium; 44mg

Phosphorus. Exchanges: .

Carolyn T's Blog: tastingspoons.com

Servings: 8

NOTE: If you prefer your gazpacho thicker, do not strain, or use a wider-mesh strainer to retain more of the tomato pulp. You can also top each glass with a little sherry vinegar, olive oil, sea salt, a watermelon ball and a mint leaf.

1. Wash and chop the tomatoes, pepper, and onion. Make sure you are using the best quality fruits and vegetables possible since gazpacho is a raw dish.

2. Blend the tomatoes, green pepper, onion, and garlic until completely pureed.

3. Strain the blended vegetable juice through a fine mesh strainer. (Or not, if you prefer a thicker consistency.)

4. Everything should pass through except for a layer of seeds and skin. Discard this.

5. Add the vegetable juice back to the blender and add the watermelon. Blend again until completely pureed.

6. Add salt to taste (go easy, you can always add more later), and sherry vinegar and blend. Suit your own taste on how much vinegar - and it depends upon the ripeness of the fruit and vegetables used.

7. Finally, slowly add in the EVOO (better olive oil means better gazpacho) as the blender is running. Add balsamic vinegar and sugar and blend until smooth.

8. Taste the gazpacho for salt adjust if necessary. Then, add two to four ice cubes (depending on how thin you like your gazpacho - when we made it we used no ice). Let them melt for a few minutes in the blender and then add a handful of fresh mint and blend for the last time. Can be made the day before; keep chilled.

9. Taste for salt and serve ice cold in glasses, garnished with a mint leaf.