

Grilled Gazpacho

Alison Ladman - For The Associated Press
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Servings: 4

Start to Finish Time: 30 minutes

1/2 fresh poblano pepper
4 large tomatoes, halved
1 medium zucchini, halved lengthwise
1 medium summer squash, halved lengthwise
1 medium red onion, halved
salt and ground black pepper
2 cloves garlic, minced
1/4 cup fresh basil
1 tablespoon fresh oregano
1 medium cucumber, peeled and finely diced
zest and juice of one orange
2 tablespoons balsamic vinegar
1/4 cup crumbled goat cheese or feta cheese (optional)

Heat the grill to HIGH. Using an oil-soaked paper towel held with tongs, oil the grill grates.

Place the poblano pepper on the grill and cook until it is charred and blackened on all sides. Place the pepper in a paper bag, close the bag and allow the pepper to steam in its own heat for 10 minutes while you grill the other vegetables.

Season the tomatoes, zucchini, summer squash and onion with salt and pepper. Arrange the vegetables on the grill and cook until slightly charred and tender, about 4 to 5 minutes per side. Transfer to a platter and set aside.

Using the paper bag to assist, rub the poblano pepper until all of the charred skin loosens and peels off. Using a paring knife, cut out and discard the core and seeds of the pepper.

In a blender or food processor, working in batches if necessary, puree the poblano, tomatoes, zucchini, summer squash, onion, garlic, basil and oregano. Transfer to a large bowl and allow to cool completely.

When the soup has cooled, stir in the diced cucumber and orange zest and juice. Adjust the seasoning with salt and black pepper. Refrigerate for 2 to 24 hours.

When ready to serve, drizzle each serving with balsamic vinegar and top with a bit of cheese, if using.

Per Serving (excluding unknown items): 72 Calories; 1g Fat (8.1% calories from fat); 3g Protein; 16g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 17mg Sodium. Exchanges: 0 Grain(Starch); 3 Vegetable; 0 Fruit.