

Green Gazpacho

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Servings: 6

*1 avocado
2 cups chopped honeydew melon
1 English (seeded) (2 Cups)
cucumber, peeled and chopped
1/2 cup chopped onion
1/2 to one jalapeno pepper stemmed, seeded and coarsely chopped
1 clove garlic
1/4 cup white balsamic vinegar
1 tablespoon lime juice
1/2 teaspoon salt
1/4 teaspoon black pepper
cucumber slices (for garnish)
jalapeno slices (for garnish)*

Preparation Time: 15 minutes

Halve the avocado lengthwise around the pit, leaving the pit in one half. Wrap the half with the pit in plastic wrap, pressing the wrap onto the cut side of the avocado. Chill for up to six hours. Remove the peel from the remaining avocado half; add to a blender, along with the melon, cucumber, onion, jalapeno, garlic, white balsamic vinegar, lime juice, salt and black pepper. Blend until smooth. Transfer to an airtight container and chill for up to six hours.

To serve: Remove the peel and pit from the remaining avocado half. Chop the avocado. Top gazpacho servings with chopped avocado and garnish with additional black pepper, cucumber slices and jalapeno slices.

Per Serving (excluding unknown items): 67 Calories; 5g Fat (6 calories from fat); 1g Protein; Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 183mg Sodium Exchanges: 0 Grain(Starch); Vegetable; 0 Fruit; 1 Fat.