

Watermelon Gazpacho

Recipe created by: Claudette Greenstein, Dietetic Intern

INGREDIENTS

- 4 heaping cups cubed seedless watermelon
- 1 English cucumber, diced, reserve half
- 3 medium tomatoes, diced, reserve half
- 1 small red bell pepper, diced, reserve half
- ½ cup chopped green onions, diced, reserve half
- 1 garlic clove
- small handful basil
- 3 to 4 tablespoons red wine vinegar
- 3 tablespoons olive oil, plus more for drizzling
- 1 to 2 teaspoons sea salt, or to taste
- ½ teaspoon freshly ground black pepper

DIRECTIONS

1. Set aside the reserved half of the chopped cucumber, tomatoes, red pepper and green onions and place the remaining half in a blender. Add the watermelon, garlic, basil, vinegar, olive oil, salt, pepper and jalapeño pepper, if using. Blend until smooth. Taste and adjust seasonings.
2. Pour into a large bowl (or small individual jars, as pictured) and stir in the reserved chopped vegetables.
3. Chill for 3 to 4 hours or overnight.
4. Drizzle with olive oil and garnish with diced avocado and/or micro greens, if desired, before serving.



FUN FACT

Watermelon Gazpacho combines the hydrating properties of watermelon with the antioxidant power of tomatoes! This chilled soup, a twist on the traditional Spanish gazpacho, helps keep you cool and boosts your health with a burst of vitamins A and C, all while delivering a unique sweet and savory flavor.



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Terrific Tomatoes

Tomatoes are botanically classified as fruits but are often used as vegetables in culinary contexts, belonging to the nightshade family along with potatoes, peppers, and eggplants

NUTRITION FACTS

- Tomatoes are nutrient-rich and low in calories. One cup provides 38% of your daily vitamin C needs for immune support and skin health, 30% of vitamin A for vision and immunity, and 12% of potassium for muscle function and blood pressure regulation.
- With 95% water content, tomatoes help keep you hydrated, while antioxidants like lycopene and beta-carotene offer heart health and anti-inflammatory benefits.



PRODUCE SEASONALITY IN NJ
• Tomatoes: Beginning of July - End of September

SHOPPING & PREPARATION TIPS

- Choose tomatoes that are firm but yield slightly to pressure, with a rich color and sweet aroma. Avoid tomatoes with blemishes or soft spots.
- Store ripe tomatoes at room temperature away from direct sunlight for up to a week. Refrigerate only if they begin to over-ripen, but bring them back to room temperature before using to restore their full flavor.
- Wash tomatoes under cool running water before use. For easy peeling, make a small X on the bottom and blanch in boiling water for 30 seconds, then transfer to an ice bath. Slice, dice, or puree depending on your recipe needs.
- Use a sharp knife to avoid bruising and tearing the flesh. Adding a pinch of salt can enhance their natural sweetness and acidity.