



Gazpacho

4 medium cucumbers, diced
 4 medium red bell peppers, diced
 6 medium green bell peppers, diced
 8 celery stalks, diced
 4 medium tomatoes, diced
 2 medium onions, diced
 4 cups (16 oz) tomato juice, low sodium
 6 garlic cloves, minced
 2 tablespoons ground cumin
 2 cups fresh cilantro, chopped
 Lemon juice, to taste
 Salt and pepper to taste

1. Combine all ingredients, except salt, pepper, and lemons, in a bowl
2. Remove 2 cups of the mixture and reserve
3. Puree the remaining mixture using a food processor or blender
4. Add back the reserved 2 cups of the mixture
5. Season with lemon, salt, and pepper as desired



Makes: 4 servings

Nutrition Information:

CALORIES 250 (8% from fat); FAT 2.5g (sat 0g); CHOLESTEROL 0mg; SODIUM 560mg; CARBOHYDRATE 53g; FIBER 14g; PROTEIN 9g; CALCIUM 20%; IRON 25%



Summer Melon Salad

1 small head iceberg lettuce
 ½ honeydew melon
 ½ cataloupe
 3 stalks celery, sliced
 ½ cucumber, thinly sliced



Summer Melon Dressing

1/3 cup olive or vegetable oil
 1/3 cup lemon juice
 2 tablespoons honey or white sugar
 Dash of salt

1. Combine oil, lemon juice, honey or sugar, and salt; chill
2. Wash and dry lettuce and tear into bite-sized pieces
3. Remove rind of melons and cut into very thin wedges
4. Combine melon wedges, celery, cucumber, and lettuce
5. Add chilled mixture and serve

Makes: 4 servings

Nutrition Information:

SALAD: CALORIES 90 (6% from fat); FAT 0.5g (sat 0g); CHOLESTEROL 0mg; SODIUM 65mg; CARBOHYDRATE 22g; FIBER 3g; PROTEIN 2g; CALCIUM 4%; IRON 4%

DRESSING: CALORIES 200 (90% from fat); FAT 18g (sat 2.5g); CHOLESTEROL 0mg; SODIUM 75mg; CARBOHYDRATE 10g; FIBER 0g; PROTEIN 0g; CALCIUM 0%; IRON 0%