



## WATERMELON GAZPACHO

By Dr. Cindy Tanzar  
(Standard/Maintenance)

This recipe is a cold summertime soup that is very refreshing. It's also a great way to create variety with common salad ingredients that are so plentiful throughout the season. The addition of watermelon creates a subtle sweetness and texture that will be a sure hit at summer barbecues. There are variations that will change the flavor slightly, as well, so you can enjoy even more variety. Once in maintenance, enjoy your gazpacho with a sprinkle of feta cheese. You may want to double this recipe to have an easy vegetable on hand for lunch throughout the week.

There are two servings in this recipe and it covers your fruit, 1.5 cups of raw vegetable and your fat for one meal.



### INGREDIENTS

- 1 large tomato
- 1/2 Serrano chile
- 2 cups fresh cubed watermelon
- 1tsp red wine vinegar (or fresh lime juice)



1/4 cup extra virgin olive oil 2 Tbsp red onion, minced  
1/2 cucumber, seeded and minced  
2 Tbsp fresh dill, minced (or can use fresh basil)  
Pink Himalayan salt & freshly-ground black pepper, to taste  
*\*1/4 cup crumbled Feta cheese (for maintenance)*

## INSTRUCTIONS

In a blender, puree the tomato, chile, and 1cup of watermelon cubes. Pour in the red wine vinegar and olive oil and pulse.

Add the onion, cucumber, dill, sea salt & pepper. Puree until well blended, but leaving the added vegetables a bit chunky for texture.

Pour into chilled bowls, top with remaining watermelon and dill. In maintenance, you can add the Feta cheese, as well.