

Nacho Gazpacho!

Allergy info: contains gluten. Optional toppings may contain milk.

Ingredients:

1 thick slice of white bread, crust removed
8 Roma tomatoes, cored
½ tsp sea salt
½ English cucumber, peeled & seeded
½ small red onion, skin & ends removed
1 green bell pepper, stem & seeds removed
1 large clove of garlic
2 TBSP Extra virgin olive oil
2 TBSP Sherry vinegar or red wine vinegar
½ tsp black pepper
½ tsp ground cumin
½ - 1 tsp sea salt

Topping ideas include sour cream, diced cucumber, bell pepper, fresh parsley. . .

Instructions:

1. Add tomatoes to blender and pulse to puree.
2. Add bread to soak in pureed tomato while preparing other ingredients.
3. Peel and seed cucumber and sprinkle with a bit of the salt you've measured.
4. Set salted cucumber aside while you prepare other ingredients. *This will reduce the bitterness that some people taste from the cucumber.*
5. Once all ingredients have been prepared and measured, add everything to blender and process to desired consistency.
6. Taste and adjust to taste.
7. Place in refrigerator to chill.
8. Serve cold with tortilla chips and whatever toppings you might enjoy!

Cold soup, made with fruit? Yup. Today we used fruit to make a cold soup. Tomatoes are considered a fruit because they have seeds and grow from the flower of the tomato plant. Tomatoes are also the main ingredient in the traditional Spanish dish Gazpacho. Loaded with vitamin C, K, potassium, and folate, tomatoes are definitely worthy of repeat playtime on your menu! Tomatoes also happen to be the main dietary source of the amazing antioxidant lycopene, which is celebrated for its protective effects against cancer, the sun, and heart disease!



Today we:

- Made a traditional Spanish dish -with a twist.
- Talked tomatoes and lycopene!
- Practiced safe knife handling and use of a blender.
- Tasted and evaluated our work!



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