

Gazpacho

4 SERVINGS, 1-1/4 CUPS EACH



Ingredients:

- 3 medium tomatoes, peeled and chopped
- 1/2 cup cucumber, seeded and chopped
- 1/2 cup green pepper, chopped
- 2 green onions, sliced
- 1 Tbsp. lemon juice
- 2 cups low-sodium vegetable juice cocktail
- 1/2 tsp. basil, dried
- 1/4 tsp. hot pepper sauce
- 1 clove garlic, minced

Directions:

In a large mixing bowl, combine all ingredients. Cover and chill in the refrigerator for several hours.

*Per Serving: 52 Calories; Less than 1 gram Total fat; Less than 1 gram Saturated fat; 41 mg Sodium
1-1/4 cup = 1/2 cup vegetable*