

What's Cooking? Recipe

Cucumber Gazpacho

Recipe from "Eating Well to Fight Arthritis" by Holly Clegg

Cut all ingredients into pieces and toss into the food processor for a fabulous mellow flavored twist to gazpacho.

Makes 4 cups

Ingredients

4 cucumbers, peeled, seeded, and coarsely chopped
½ cup parsley, coarsely chopped
¼ cup mint leaves
1 bunch green onion, coarsely chopped
½ small red onion, coarsely chopped
3 tablespoons olive oil
2 tablespoons white wine vinegar
6 ounces fat-free plain Greek yogurt
½ cup walnuts, toasted
1 cup small ice cubes
Salt and pepper to taste

Preparation

1) Combine all ingredients in a blender; blend until smooth.

Terrific Tip: To seed cucumber, cut in half and run spoon down center of cucumber to easily remove seeds.

Nutrition Information per serving: 175 calories, 13 g fat, 2 g saturated fat, 0 mg cholesterol, 25 mg sodium, 9 g carbohydrates, 3 g fiber, 5 g sugar, 5 g protein

Additional Notes:
