



Summer Recipe I

Greens Gazpacho

Makes 3 servings or 3 cups

This refreshing variation on the uncooked Spanish tomato soup is made with ingredients normally featured in vegetable juices. Using a food processor or blender, the vegetables become puréed into a “smoothie.” The fiber is retained in contrast with juicing. English cucumbers don’t require peeling or seeding.

Here are several nutritional analyses for different volumes of avocado. If you have one dish with more than 20% calories from fat, it’s wise to have others with much less.

1 small cucumber, about 2 cups, peeled and seeded if needed, and cut in chunks
2 ribs celery, about 1 cup, chopped
½ cup avocado, peeled and mashed
1 green heirloom tomato or a large tomatillo, paper covering discarded, chopped
1 large collard green, 1 ounce, ½ to ¾ cup, midrib removed, chopped
½ cup cilantro
¼ cup total freshly-squeezed lemon and/or lime juice
1 tablespoon white miso
¼ teaspoon black pepper
1 tablespoon water

Garnishes: 2 tablespoons *each* red onion, red tomato and cucumber, diced small

1. Purée all ingredients in food processor or blender. Serve at room temperature or refrigerate to serve chilled. Garnish to serve.

For 3 servings, per serving, with ½ cup avocado:

Calories: 127 Protein: 3gm Fat: 7gm Saturated Fat: 1gm Carbohydrates: 13gm Fiber: 4 gm
Cholesterol: 0 Sodium: 202mg
Calories from Protein: 10% Calories from Fats: 50% Calories from Carbohydrates: 40%

For 3 servings, per serving, with ¼ cup avocado:

Calories: 90 Protein: 3gm Fat: 4gm Saturated Fat: 0.5gm Carbohydrates: 11gm Fiber: 3gm
Cholesterol: 0 Sodium: 199mg
Calories from Protein: 13% Calories from Fats: 36% Calories from Carbohydrates: 51%

For 3 servings, per serving, with 3 tablespoons avocado:

Calories: 80 Protein: 3gm Fat: 3gm Saturated Fat: 0.4gm Carbohydrates: 11gm Fiber: 3gm
Cholesterol: 0 Sodium: 199mg
Calories from Protein: 14% Calories from Fats: 31% Calories from Carbohydrates: 55%

For 3 servings, per serving, with 2 tablespoons avocado:

Calories: 72 Protein: 2.6gm Fat: 2gm Saturated Fat: 0.2gm Carbohydrates: 11gm Fiber: 3gm
Cholesterol: 0 Sodium: 198mg
Calories from Protein: 15% Calories from Fats: 25% Calories from Carbohydrates: 60%