



Watermelon Gazpacho

This is a perfect late spring or summer cold soup. A food processor makes this recipe very simple, but the key is to avoid pureeing the mixture. Use the pulse button to coarsely chop the melon and vegetables.

Like any gazpacho, the soup is best prepared fresh, but earlier in the day to allow flavors to develop. Chill well, serve with garnishes. I like to present this soup in large margarita stemware glasses or chilled martini glasses.

Ingredients:

- 6 cups cubed seeds removed watermelon
- 1 cup coarsely chopped English peeled cucumber
- ½ cup coarsely chopped yellow bell pepper
- 1/3 cup chopped green onions
- 3 T chopped fresh mint
- 3 T fresh lime juice
- ¾ tsp salt (optional or use salt substitute)
- ½ tsp hot sauce
- 1 garlic clove, minced
- 1 cup Cran-Raspberry Low Calorie juice

Cooking Directions:

- Combine ½ of watermelon and entire cucumber, bell pepper, onions, mint, lime juice, salt, hot sauce and garlic in a food processor
- Pulse to coarsely chop, usually two or three brief pulses
- Place in a large bowl. Add the remaining watermelon and chop again adding to the mixture.
- Stir in the cran-raspberry juice.
- Chill thoroughly.

Serves 8 (serving size ¾ cup).

Calories: 51, Total Fat: 1 g, Saturated Fat: 0 g, Trans Fat: 0 g, Cholesterol: 0 mg,

Sodium: 7 mg, Carbohydrate: 12 g, Fiber: 1 g, Protein: 1g

Diabetic Exchanges: 1 fruit

This recipe brought to you by Richard E. Collins, MD THE COOKING CARDIOLOGIST® and Boston Scientific Corporation. Learn more at HeartHealthyBeats.com