Gazpacho

This delicious, easy, quick chilled soup is essentially a salad in liquid form. Makes a quick and easy side and healthy lunches for busy workdays.

Start with 3 Parts Tomatoes

For gazpacho you should have delicious, fresh, ripe tomatoes! A perfect use of those local tomatoes that are bursting with flavor. Use a variety for flavor, some tomatoes are tangier, while others are sweet, both are great for this dish.

Add 1 Part additional vegetables and herbs for flavor.

See below for ideas!

Spicy Gazpacho

- Bell peppers, seeded
- Jalapeño or other hot peppers, seeded if preferred
- A clove or 2 of raw garlic, peeled
- A dash of cumin and chili powder

Garden Gazpacho

- Diced cucumber, peeled if desired
- Scallions
- Dill, basil, or other herbs, in combination you desire
- Lime juice or lemon juice

Add a splash of oil and vinegar.

This is a great use of flavored vinegars and oils. Try balsamic, apple cider, or white wine vinegar.

Puree!

Season with salt and pepper to taste. Allow to chill for an hour or overnight.

Enjoy!

Serve with croutons, finely grated or soft crumbled cheese, or chopped vegetables and herbs for texture.

For more ideas for using locally produced food and fresh produce, call Cornell Cooperative Extension of Clinton County at 561-7450, subscribe to our blog http://blogs.cornell.edu/clintoncountyateats and like us on Facebook.

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