**Gazpacho**

4 medium cucumbers, diced  
4 medium red bell peppers, diced  
6 medium green bell peppers, diced  
8 celery stalks, diced  
4 medium tomatoes, diced  
2 medium onions, diced  
4 cups (16 oz) tomato juice, low sodium  
6 garlic cloves, minced  
2 tablespoons ground cumin  
2 cups fresh cilantro, chopped  
Lemon juice, to taste  
Salt and pepper to taste

1. Combine all ingredients, except salt, pepper, and lemons, in a bowl  
2. Remove 2 cups of the mixture and reserve  
3. Puree the remaining mixture using a food processor or blender  
4. Add back the reserved 2 cups of the mixture  
5. Season with lemon, salt, and pepper as desired

Makes: 4 servings

Nutrition Information:
CALORIES 250 (8% from fat); FAT 2.5g (sat 0g); CHOLESTEROL 0mg; SODIUM 560mg; CARBOHYDRATE 53g; FIBER 14g; PROTEIN 9g; CALCIUM 20%; IRON 25%

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**Summer Melon Salad**

1 small head iceberg lettuce  
½ honeydew melon  
½ cataloupe  
3 stalks celery, sliced  
½ cucumber, thinly sliced  

**Summer Melon Dressing**

1/3 cup olive or vegetable oil  
1/3 cup lemon juice  
2 tablespoons honey or white sugar  
Dash of salt

1. Combine oil, lemon juice, honey or sugar, and salt; chill  
2. Wash and dry lettuce and tear into bite-sized pieces  
3. Remove rind of melons and cut into very thin wedges  
4. Combine melon wedges, celery, cucumber, and lettuce  
5. Add chilled mixture and serve

Makes: 4 servings

Nutrition Information:

**SALAD:** CALORIES 90 (6% from fat); FAT 0.5g (sat 0g); CHOLESTEROL 0mg; SODIUM 65mg; CARBOHYDRATE 22g; FIBER 3g; PROTEIN 2g; CALCIUM 4%; IRON 4%  

**DRESSING:** CALORIES 200 (90% from fat); FAT 18g (sat 2.5g); CHOLESTEROL 0mg; SODIUM 75mg; CARBOHYDRATE 10g; FIBER 0g; PROTEIN 0g; CALCIUM 0%; IRON 0%