



Summer Corn Gazpacho

Recipe by Foodland Ontario

Ingredients

- 6 Ontario Tomatoes (about 2-1/2 lb/1.25 kg), peeled, seeded and cut in chunks
- 4 cloves Ontario Garlic, chopped
- 1 small Ontario Onion, cut in chunks
- 2 Ontario Sweet Peppers (green and yellow), cut in chunks
- 1 Ontario Field Cucumber, peeled, seeded and cut in chunks
- 1-1/2 cups (375 mL) cooked Ontario Corn kernels
- 1/4 cup (50 mL) red wine vinegar (approx.)
- 2 tbsp (25 mL) olive oil
- 1 cup (250 mL) tomato juice **or** vegetable cocktail
- Salt and cayenne pepper
- Julienned Ontario Field Cucumber and Ontario Sweet Red and Green Peppers
- Croutons

Instructions

In food processor, purée tomatoes, garlic and onion until smooth. Transfer to large bowl. Add peppers to processor and pulse until finely chopped; add to tomato purée. Process cucumber until finely chopped; stir into tomato purée along with corn. Stir in vinegar and oil; add enough tomato juice to make a thick soup-like consistency. Season with salt and cayenne pepper to taste and up to 1 tbsp (15 mL) more vinegar, if desired.

Cover and refrigerate until chilled, at least 2 hours. Serve in chilled bowls, topped with julienned cucumber, peppers and croutons.

Nutritional information

1 Serving (when recipe serves 8):

- PROTEIN: 3 grams
- FAT: 4 grams
- CARBOHYDRATE: 18 grams
- CALORIES: 112
- FIBRE: 3 grams
- SODIUM: 165 mg