remedy health media

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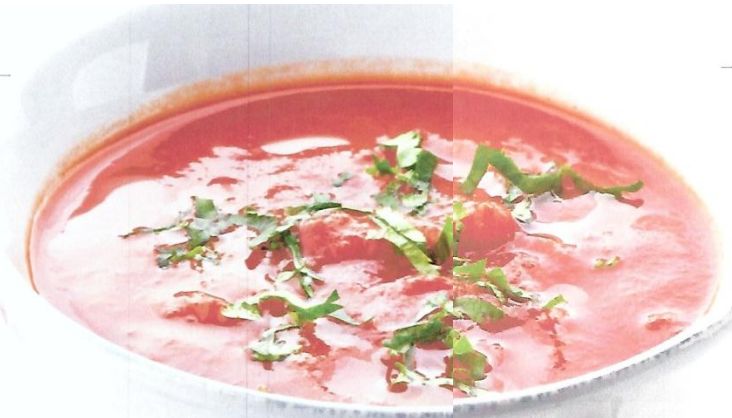
Tomato Power!

This simple no-cook recipe brightens summer meals and gives you a heaping helping of health!



TIP Cooking with tomatoes? To remove skin, score the bottom of each tomato with an X, place in boiling water for 10 to 30 seconds and then dip quickly in cold water. Those skins will slip right off!

Serve immediately to preserve the maximum amount of nutrients

ISTOCKPHOTO

GAZPACHO (CHILLED VEGETABLE SOUP)

Prep time 5 min. | **Serves** 6

- 1 slice whole grain bakery bread (about 1 cup), crust removed and torn into bite-size pieces
- ½ red onion, roughly chopped
- 1 yellow or red pepper, seeds removed, roughly chopped
- 2 cloves garlic
- 1 banana pepper, seeds removed, cut in half
- 1 English cucumber, peeled, cut into fourths
- 5 large tomatoes (about 1½ pounds)
- 1–2 Tbsp red wine vinegar
- ½ tsp black pepper

1. **PLACE** the bread into a mixing bowl, cover with 1 cup of cold water and soak for 5 minutes. Place the onion, peppers, and garlic into the bowl of a food processor and pulse three or four times.
2. **ADD** the cucumbers and tomatoes to food processor and pulse just a few more times.
3. **SQUEEZE** excess liquid from the bread and add the wet bread to the soup mixture. Process for 20 seconds. Add vinegar and pepper to taste.
4. **GARNISH** with chopped herbs, diced avocado or grilled corn.

PER SERVING 89 **calories**, 3 g **protein**, 18 g **carbohydrates**, 2 g **fiber**, 1 g **fat**, 0 mg **cholesterol**, 96 mg **sodium**

Chef Meg's 3 Top Tomato Tips

1. For the most flavorful tomatoes, look for bright-colored produce with smooth skin that gives a little under gentle pressure.
2. Ripen tomatoes by storing them at room temperature, stem side up to avoid bruising. Putting them in the fridge makes 'em mealy.
3. Too many tomatoes? Freeze the extras! Chop tomatoes and place in a plastic sealable bag, squeezing out as much air as possible.

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TOMATOES ARE THE BEST DIETARY SOURCE OF LYCOPENE, A POWER ANTIOXIDANT . . .

. . . TOMATOES ARE LOW IN CALORIES AND A GOOD SOURCE OF VITAMINS A AND C . . .