

AMERICAN INSTITUTE FOR CANCER RESEARCH

Summer cooler: Refreshing Gazpacho Cooler uses fresh summer produce for color, crunch and flavor.

Gazpacho refreshing on hot days

Gazpacho just might be the perfect summer treat. It requires no cooking, it's served chilled for a cooling meal-time treat, and it uses the freshest summer produce — for color, crunch, flavor and nutrition that are out of this world.

Most basic gazpachos include lots of peeled and chopped tomatoes and chopped green pepper. Add beef broth, chopped onion, fresh chopped basil, a bit of olive oil and lemon juice; stir to blend, chill and serve. Tomatoes are at their peak now, and researchers recently discovered two new compounds in tomatoes (in addition to vitamin C) that block the natural formation in our bodies of substances that scientists think lead to cancer.

Many other vegetables find their way into gazpacho as well — yellow squash, cucumber, broccoli, carrots and celery to name a few. It's not hard to find recipes

for white, green or golden gazpachos that omit the tomatoes in favor of cucumbers and white grapes or cantaloupe, yellow pepper and oranges.

For a deeper flavor, try gazpacho made with roasted peppers. Broil or grill peppers until uniformly blistered, 12 to 15 minutes. Put them in a bowl covered with plastic wrap and let stand 5 minutes, allowing the trapped steam to loosen the skin. Slit the pepper, pour out and reserve the juices; peel and halve, then remove and discard stem, seeds and ribs. Add the roasted pepper flesh and juices to the other gazpacho ingredients.

For added protein, include some seafood, like cooked shrimp or scallops, before serving, or include mashed tofu to the vegetable mixture. Thicken the gazpacho by reducing the liquids to make a nutritious, tangy salsa. Or, try a thinner version as a drink.

GAZPACHO COOLER

- one-quarter cucumber, peeled half a small onion
- 2 small tomatoes
- one-quarter sweet green pepper, seeded
- 1 small clove garlic, minced
- 2 cups tomato juice
- 2 tablespoons red wine vinegar or cider vinegar
- ¼ teaspoon dried oregano weed
- dash of hot pepper sauce
- pepper to taste
- 6 lemon or lime slices

Coarsely chop the cucumber, onion, tomatoes and green pepper. Transfer to a blender. Add the garlic and blend until smooth. Stir in tomato juice, vinegar, oregano weed, hot pepper sauce and pepper to taste. Refrigerate at least 1 hour or until chilled. Stir to mix well before pouring into glasses. Garnish with lemon or lime slices.

Each of the six servings contains 27 calories and no fat. Material provided by the American Institute for Cancer Research.

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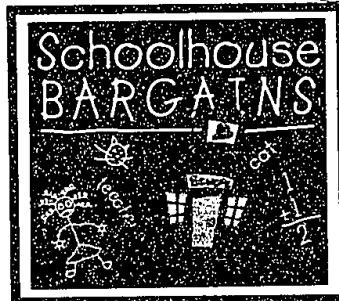
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