



Healthy Recipe



FARM FRESH GAZPACHO

6	RI-grown tomatoes, cored, chopped	1/2 cup	olive oil
1/2	RI-grown onion, peeled, chopped	1/4 cup	red wine vinegar or lime juice
1 clove	RI-grown garlic, peeled, crushed		
1	RI-grown cucumber, peeled, chopped	1/2 cup	lowfat plain Greek yogurt
1	RI-grown red bell pepper, seeded & chopped	to taste	salt and pepper
1	RI-grown green bell pepper, seeded & chopped		

1. Blend all vegetables, olive oil and vinegar (or lime juice) in blender or food processor. Texture can be smooth or chunky, depending on preference.
2. Season with salt and pepper to taste; serve chilled with a dollop of yogurt on top.

Serving Suggestions: Add fresh, chopped chili peppers for added spice; serve with toasted whole grain bread rubbed with garlic; if soup is completely pureed, garnish with a fine dice of vegetables used in recipe.

Nutritional Information

Per serving (8 servings in recipe):

Calories:	153	Vitamin A:	15%
Cal from Fat:	123	Vitamin C:	66%
Total Fat:	14 g	Calcium:	4%
Saturated Fat:	2 g	Iron:	2%
Cholesterol:	1 mg		
Sodium:	160 mg		
Carbohydrates:	6 g		
Fiber:	1 g		
Sugar:	4 g	Percent Daily Values are based on a	
Protein:	2 g	2000 calorie-per-day diet	

**GET FRESH.
BUY LOCAL.**

Your purchase of
RI grown and raised foods

SUPPORTS

the local economy,

HELPS

to preserve open space

and **CONTRIBUTES**

to a
sustainable food system.

Please visit us at
www.kidsfirstri.org and www.realfoodfirst.org