



## *The Edible Garden*

Recipe featured at *Whole Foods Friday* demonstration, August 13

### Gazpacho

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Adapted from Caldwell Esselstyn's book *Prevent and Reverse Heart Disease*

*Serves 4*

#### **Ingredients**

3 medium tomatoes, cored and quartered  
1 cucumber, peeled and cut into about 4 pieces  
½ bell pepper, halved and seeded  
1 large rib celery, quartered  
½ large jalapeno pepper, halved and seeded  
½ small onion, halved  
2 garlic cloves, trimmed  
1 can (14 ounces) no-salt-added diced tomatoes  
½ cup chopped washed cilantro  
2 to 3 tablespoons balsamic vinegar  
1 lime, zested and juiced  
pepper to taste  
green onions or chives, chopped

#### **Instructions**

1. In bowl of food processor, chop first four ingredients one by one, pulsing until they are uniformly diced. In food processor, process jalapeno, onions and garlic together.
2. In large bowl, combine vegetables, diced canned tomatoes, chopped cilantro, vinegar, lime zest, 1 tablespoon lime juice and pepper.
3. Chill; divide evenly among bowls. Sprinkle with chopped green onion and chives.