

Tropical Gazpacho

A refreshing and flavorful twist on a popular classic.

Ingredients:

- 4 cups cut-up watermelon
- 1 (6-oz.) can pineapple chunks, drained
- ½ cup peeled, seeded and chopped cucumber
- 1 green onion including top, finely chopped
- ½ cup finely chopped green pepper
- 1 to 2 teaspoons fresh, chopped cilantro
- ¼ teaspoon salt
- ⅛ teaspoon white pepper

Directions:

Place watermelon in bowl of food processor; process until smooth. Add pineapple and continue to process until combined. Place mixture in large bowl.

Stir in remaining ingredients. Chill before serving. Refrigerate leftovers.

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Servings: 3 (¾-cup) servings

Each serving provides 1¾ cups of fruits or vegetables.

Nutrition information per serving:

Calories 97 (4% calories from fat)

Fat <1g

Saturated fat <1g

Trans fat 0

Cholesterol 0mg

Total Carbohydrate 24g

Dietary Fiber 2g

Protein 2g

Sodium 201mg

% Daily Value: Vitamin A 27%, Vitamin C 70%, Calcium 3%, Iron 5%

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