



# WATERMELON GAZPACHO

## ingredients:

- 4 cups watermelon, cubed, seeds removed
- 1/2 cup red bell pepper, diced
- 2 English cucumbers, chopped
- 1/4 cup red onion, chopped
- 1/2 jalapeño pepper, seeds removed
- 2 Tablespoons red wine vinegar
- 1/4 teaspoon ground cumin
- 1/4 teaspoon salt
- 1/4 cup fresh cilantro, chopped

## directions:

1. Add watermelon, red bell pepper, cucumber, red onion, jalapeño, red wine vinegar, cumin and salt to blender.
2. Puree until smooth.
3. Divide evenly into individual serving bowls and top with cilantro.

Yield: 6 servings

### Nutrition Information Per Serving:

45 Calories  
0 grams Fat  
0 grams Saturated fat  
0 mg Cholesterol  
100 mg Sodium  
13 grams Carbohydrates  
2 grams Fiber  
2 grams Protein

Food exchanges:

1/2 fruit, 1 vegetable



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