



GAZPACHO SALAD
a garden delight

 15 minutes

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 4 portions

INGREDIENTS

- 3 whole medium units (2-3/5" dia) of tomatoes, red, ripe, raw, year round average (369 g)
- 1 cup, chopped of onions, raw (160 g)
- 1 unit, large (3-3/4" long, 3" dia) of peppers, sweet, yellow, raw (186 g)
- 2 cloves of garlic, raw (6 g)
- 3 tbsps of salad dressing, italian dressing, fat-free (42 g)

COOKING METHOD

- 1° crush garlic cloves. use garlic press or press unpeeled cloves with the flat edge of a knife. Remove paper like skin. crush again.
- 2° dice tomatoes, chop onion, chop yellow onion.
- 3° combine all ingredients. serve immediately. or cover, chill, then serve after 8 hours

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (191 g)	% DRI
ENERGY	27 kcal	52 kcal	3 %
FAT	0 g	0 g	1 %
FATTY ACIDS, TOTAL SATURATED	0 g	0 g	0 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	66 mg	126 mg	5 %
CARBOHYDRATE	6 g	12 g	4 %
SUGARS	3 g	5 g	—
FIBER	1 g	2 g	9 %
PROTEIN	1 g	2 g	—