Featured Recipe from Chef Mat Shalenko/June Health & Wellness and UofL Health Promotion Office
Another use for the abundant local vegies from Farmers’ Market to make a luscious and nutrient-dense summer soup…quickly!

Heirloom Tomato Gazpacho
Prep time: 30 minutes
Cooking time: 0 minutes
Yields: 2 servings

Difficulty level- easy  Price- cheap

Ingredients:
2-3 heirloom tomatoes, cored and coarsely chopped
1/2 seedless cucumber, peeled and coarsely chopped
1/2 red bell peppers, coarsely chopped
1/2 jalapeño, seeded and coarsely chopped
1 tablespoon sherry vinegar
1 tablespoon extra-virgin olive oil
Salt and freshly ground pepper

Directions:
In a blender, puree the vegetables until smooth. Add water if necessary to help blend and for proper consistency. Serve “as is” or strain the soup into a deep bowl, season with salt and pepper, and serve.

More recipes from UofL Health Promotion Office:
http://louisville.edu/healthpromotion/health-topics/food-nutrition-cooking/recipes
Check out Chef Mat’s website for more recipes that feature fresh summer vegies:
http://www.junehealthandwellness.com