

EatingWell

Golden Gazpacho

★★★★☆

Inspired by Spanish pureed gazpachos, this golden-yellow one is based on an idea of Greg Parks's at the Four Columns Inn in Newfane, Vermont.

EatingWell Test Kitchen

Total: 3 hrs**Servings:** 6

Ingredients

1 large orange or yellow bell pepper

3 1/2 pounds yellow or orange tomatoes, peeled (see Tip) and cored, divided

1 cup coarsely chopped sweet onion

2 tablespoons extra-virgin olive oil

1 teaspoon salt, or to taste

Freshly ground pepper, to taste

2-3 red or green jalapeno peppers, seeded and minced, for garnish (optional)

Directions

Step 1

Position rack in upper third of oven; preheat broiler.

Step 2

Place bell pepper on a baking sheet and broil, turning every 4 to 5 minutes, until the skin is blackened and blistered on all sides, 20 to 25 minutes. Transfer the pepper to a bowl, cover, and let steam until the skin is loosened, about 10 minutes. Uncover; when cool enough to handle, remove the skin. Discard stem, seeds and ribs.

Step 3

Place the roasted pepper and half the tomatoes in a blender; and onion and oil and puree until smooth. Transfer to a large metal bowl. Puree the remaining tomatoes until smooth and add to the bowl; stir to combine. Refrigerate the gazpacho until chilled, at least 2 hours. Season with salt and pepper. Serve garnished with jalapenos, if desired.

Tips

Make Ahead Tip: Cover and refrigerate for up to 1 day.

Tips

Tip: To peel tomatoes: Make a small X in the bottom of each tomato and plunge into boiling water until the skins are slightly loosened, 30 seconds to 2 minutes. Transfer to a bowl of ice water for 1 minute. Peel with a paring knife, starting at the X.

Tips

Cut Down on Dishes: A rimmed baking sheet is great for

everything from roasting to catching accidental drips and spills. For effortless cleanup and to keep your baking sheets in tip-top shape, line them with a layer of foil before each use.

Nutrition Facts

Serving Size: 1 generous cup

Per Serving: 104 calories; protein 3.3g; carbohydrates 13g; dietary fiber 2.6g; sugars 2.8g; fat 5.5g; saturated fat 0.8g; vitamin a iu 112.9IU; vitamin c 88.1mg; folate 97.4mcg; calcium 41.1mg; iron 1.6mg; magnesium 39.7mg; potassium 805.7mg; sodium 452.2mg; thiamin 0.1mg.

Exchanges: 2 vegetable, 1 fat

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