

EatingWell

# White Gazpacho



White gazpacho is made with bread, almonds, grapes and garlic and is one of the traditional Spanish gazpacho variations. In this white gazpacho soup recipe we add cucumbers and honeydew, whir it in a blender and it becomes silky, a little toasty (from the almonds) and refreshing.

Carolyn Casner



## Ingredients

2 English cucumbers, divided  
2 cups green grapes, divided  
2 slices country white bread, crust removed if desired, torn into pieces  
2 cups "no-chicken" broth (see Tips) or reduced-sodium chicken broth  
1 cup chopped honeydew melon  
1/2 cup sliced blanched almonds, lightly toasted (see Tips), divided  
1 small clove garlic, halved  
2 tablespoons extra-virgin olive oil  
2 tablespoons white-wine vinegar  
3/4 teaspoon salt

## Directions

### Step 1

Dice enough unpeeled cucumber to equal 1/2 cup and slice enough grapes to equal 1/2 cup; cover and refrigerate.

### Step 2

Peel the remaining cucumbers; cut into chunks. Working in two batches, puree the peeled cucumber, the remaining grapes, bread, broth, melon, 6 tablespoons almonds, garlic, oil, vinegar and salt in a blender until smooth. Transfer to a large bowl, cover and refrigerate until chilled,

### Step 3

at least 2 hours and up to 1 day.

### Step 4

Serve garnished with the remaining 2 tablespoons almonds and the reserved cucumber and grapes.

## Tips

Make Ahead Tip: Prepare through Step 2. Cover and refrigerate for up to 1 day. Finish with Step 3 just before serving.

## Tips

To make White Gazpacho vegetarian, use vegetarian "no-chicken" broth instead of regular vegetable broth for its rich flavor. Look for it with other broths in well-stocked

supermarkets.

## Tips

Toast nuts before using in a recipe for the best flavor. To toast whole nuts (pages 38, 44, 84), spread on a baking sheet and bake at 350°F, stirring once, until fragrant, 7 to 9 minutes. To toast small or sliced nuts or seeds (pages 44, 83, 90), cook in a small dry skillet over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.

## Nutrition Facts

**Serving Size:** about 1 cup

**Per Serving:** 210 calories; protein 4.9g; carbohydrates 23.1g; dietary fiber 3.1g; sugars 13g; fat 11.6g; saturated fat 1.2g; vitamin a iu 102.7IU; vitamin c 9.3mg; folate 22.9mcg; calcium 60.3mg; iron 1.3mg; magnesium 47.9mg; potassium 345.3mg; sodium 540.7mg; thiamin 0.1mg; added sugar 1g.

**Exchanges:** 1/2 starch, 1 fruit, 1/2 vegetable, 2 fat

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