

EatingWell

Yellow Gazpacho



The yellow vegetables of summer--fresh corn, yellow tomatoes and yellow peppers--make this slightly sweet gazpacho soup recipe a beautiful and delicious alternative to red gazpacho.

Carolyn Casner



Ingredients

2 cups corn kernels (from about 3 large ears), divided
1 large yellow bell pepper, diced, divided
4 large yellow tomatoes (about 2 pounds), cored and quartered
1 slice country white bread, crust removed if desired, torn into pieces
½ cup diced onion
3 tablespoons white-wine vinegar
2 tablespoons extra-virgin olive oil
1 teaspoon salt
¼ cup snipped fresh chives

Directions

Step 1

Reserve 1/2 cup each corn kernels and bell pepper; cover and refrigerate. Working in two batches, puree the remaining corn and bell pepper, tomatoes, bread, onion, vinegar, oil and salt in a blender until smooth. Transfer to a large bowl, cover and refrigerate until chilled, at least 2 hours and up to 1 day.

Step 2

Serve garnished with the reserved corn and bell pepper and chives.

Tips

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

Nutrition Facts

Serving Size: about 1 cup

Per Serving: 136 calories; protein 4.1g; carbohydrates 19.5g; dietary fiber 2.8g; sugars 4.6g; fat 5.9g; saturated fat 0.9g; vitamin a iu 217.4IU; vitamin c 55.4mg; folate 75.4mcg; calcium 31.6mg; iron 1.4mg; magnesium 40.6mg; potassium 588.1mg; sodium 463.9mg; thiamin 0.2mg.

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

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