

Grapefruit Gazpacho

Chef Lenore Pinello - The Kitchen, Tequesta, FL
Palm Beach Post

Servings: 4

Preparation Time: 15 minutes

Chill: 4 hours

1 grapefruit, sectioned
2 oranges, sectioned
1 cup tomato, chopped
1/2 cup green bell pepper, chopped
1/4 cup cucumber, peeled and chopped
2 tablespoons purple onion, chopped
2 tablespoons fresh cilantro, chopped
2 cloves garlic, minced
1/2 cup tomato juice
2 tablespoons lime juice
1 teaspoon Tabasco sauce
salt and pepper (to taste)

Coarsely chop the grapefruit and orange sections and place in a large bowl.

Gently fold in the tomato, bell pepper, cucumber, onion, cilantro, garlic, tomato juice, lime juice, tabasco sauce, salt and pepper.

Chill for four hours.

Serve chilled.

Per Serving (excluding unknown items): 77 Calories; trace Fat (3.7% calories from fat); 2g Protein; 19g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 121mg Sodium. Exchanges: 1 Vegetable; 1/2 Fruit.