

## SPICY SUMMER WATERMELON GAZPACHO

Let the Summer food frenzy begin! It's an ideal season to shop at your local Farmers' Market for delicious and nutrient-packed produce. With all the juicy goodness at-hand, here's a twist on a classic no-cook recipe (<http://www.myfoxorlando.com/story/25629079/summer-smoothies>) great for entertaining with friends or hosting a fuss-free meal.

Replenishing, rehydrating and super tasty, our Spicy Watermelon Gazpacho (<http://blog.mealsonheelsbymindy.com/national-watermelon-day/>) Gazpacho wows crowds of all ages. To boot, watermelon works miracles on the hottest of summer days. Hydrating, cool and refreshingly sweet, this low-calorie fruit is high in vitamin C, vitamin A through beta carotene and lycopene. Cucumbers and their juice are not only tasty, they also serve as a hydrating form of Vitamin C and contain anti-inflammatory properties. Almonds, freshest in mid-summer, are rich in Vitamin E, a good source of protein, minerals and health-promoting fats. It's a great thickener to this cool soup in place of bread.



Jalapenos and hot chiles, in addition to their hot flavor-boosting properties, are revered for a multitude of health benefits from boosting metabolism to curing stomach ailments. Put 'em all together and Eat the Rainbow (<http://blog.mealsonheelsbymindy.com/cooking-kids-color-lessons-grocery-store/>). Cheers!

For more yum, giveaways and our food philosophy, be sure to sign up for our Seasonal Newsletter (<https://mealsonheelsbymindy.com/>) and follow us on Facebook (<https://www.facebook.com/DontWorryEatHappy>), Twitter ([https://twitter.com/meals\\_heels](https://twitter.com/meals_heels)), Instagram (<https://instagram.com/mbkobrin/>) and Pinterest (<https://www.pinterest.com/mealsonheels/>). PS We truly get a kick out of your favorite food pic moments with friends and family! Remember to share that love and post pics with hashtag #DontWorryEatHappy (<https://mealsonheelsbymindy.com/dont-worry-eat-happy/>).

Spicy Watermelon Gazpacho

Rating: 5

Prep Time: 10 minutes

Serving Size: 24 shot glasses.

Ingredients

- ➡ 4 cups (approx. 1½ lbs) cubed seedless watermelon, diced
- ➡ 3 large tomatoes, diced
- ➡ ½ jalapeno, habanero, or serrano chile, seeded and diced
- ➡ ½ cup blanched almonds
- ➡ 1 lime zested and juiced
- ➡ ¼ cup olive oil
- ➡ 2 Tbs minced red onion
- ➡ 1 cucumber, peeled, seeded and finely chopped

➡ Salt and fresh ground pepper

➡ 24 Shot glasses

#### Instructions

➡ Puree in a blender or food processor the watermelon, tomatoes, chile and almonds.

➡ Add lime zest, juice and olive oil to mixture. Pulse until well combined.

➡ Gently fold in the minced red onion and chopped cucumber. Season with salt and fresh ground pepper to taste.

➡ Chill for an hour before serving. Pour watermelon gazpacho into shot glasses and garnish with micro-greens. (Option: Add small skewers of watermelon, cucumber, grape tomatoes and cubed feta.)