

# Thai Gazpacho Shooters

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

SERVINGS: 10

SERVING SIZE: 1 Shooter

Ingredients	Qty	Measure
Garlic	1	clove
Green onions (white and pale green parts cut into 1 inch pieces)	3	each
Yellow bell pepper (quartered)	½	each
Red bell pepper (quartered)	½	each
Cucumber (cut into 1 inch pieces)	1	each
Roma tomatoes (ripe)	½	pound
Tomato juice (low sodium)	2	cups
Lime juice (fresh)	½	each
Thai style red curry powder	1	tsp
Ginger (fresh minced)	2	tsp
Salt	1	Tsp
Pepper	¼	tsp

## Preparation

1. In a food processor, add garlic and pulse until finely chopped.
2. Add green onions and peppers, pulse and chop until you get ¼-inch pieces.
3. Transfer to a medium bowl.
4. Pulse cucumber into small pieces. Do the same with the tomatoes. Add to other vegetables in bowl.
5. Stir in tomato juice, lime juice, fresh ginger, curry powder, salt and pepper.
6. Refrigerate for several hours.
7. Taste, add salt or curry powder to taste.

## Nutrition Information \*From USDA Nutrient Database

Calories: 26 Total Fat: 0g Saturated Fat: 0g Monounsaturated Fat: 0g Polyunsaturated Fat: 0g Trans Fat: 0g  
Cholesterol: 0mg Carbohydrate: 6g Fiber: 1g Total Sugar: 4g Protein: 1g Sodium: 241mg Vitamin A: 43µg  
Vitamin C: 36mg Calcium: 19mg Iron: 1mg Folate: 27µg

