Gazpacho is a refreshing, nourishing, light yet satisfying cold soup.

Gazpacho is rich in minerals, antioxidants, fiber and in vitamins C, A and E. Red tomatoes are high in carotenoids such as lycopene and beta-carotene, which are antioxidants that can prevent prostate cancer, high blood pressure and eye problems. The red pigmentation from lycopene in tomato and red pepper also works as a protector for your skin from the sun's UV rays.

I've been a huge fan of this refreshing, chilled, Spanish savory soup for years making it a usual homemade plate in my home. I learned the recipe from my medical school roommate Dr. Diego Jiménez in Malaga, Andalucia, Spain, also known as the region where gazpacho originated.

The Secrets of Gazpacho
by Dr. Ismael Roque-Velasco, President & CEO
OpusCare of Florida & Texas.

Ingredients:
- 2 pounds ripe roma tomatoes, halved and cored,
- 1 small (1/2 lb) cucumber, peeled and seeded.
- 1 medium green and red bell pepper, cored.
- 1/2 small red onion, peeled. 2 small garlic cloves (or 1 large clove), peeled.
- 3 tablespoons olive oil.
- 2 tablespoons sherry vinegar.
- 1-teaspoon fine Himalayan salt.

As a topping, it's common to sprinkle a few of the leftover chopped gazpacho veggies on top (such as tomato, green pepper, onion or cucumber). Other options include homemade croutons with leftover bread, fresh herbs, and fresh-cracked black pepper. Finally, a touch of extra virgin Olive oil: An extra drizzle on top is often traditional in Spain.

Whatever sounds good to you!

This is so unbelievably ripe and delicious, especially during the hot summer months. Enjoy.