



The Secrets of Gazpacho

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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, Andalucía, Spain, also known as the region where gazpacho originated.



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.**