



# WellBeingMD's Mindful Kitchen Zucchini Gazpacho

Adapted from [onegreenplanet.org](http://onegreenplanet.org)



This simple and refreshing recipe uses one of summer's most abundant vegetables; this gazpacho is a super nourishing crisp and cool soup that invigorates you and gives your body all of the nutrition it craves on a hot summer day.

**Serves: 4-6**

## Ingredients:

### For the Soup:

- 1 pound zucchini, halved, and then sliced into chunks
- 1/3 cup of sliced scallions
- 1/4 cup chopped fresh mint leaves
- 1 tablespoon red wine vinegar
- 2 cloves garlic roughly chopped
- 1/2 cup organic chickpeas drained and rinsed
- 1/4 cup of sweet bell pepper red, orange or yellow, roughly chopped
- 1 teaspoon kosher salt
- 1/2 teaspoon cracked black pepper
- 3 tablespoons olive oil
- 3/4 cup cold water

## Preparation:

1. Combine all of the soup ingredients into a blender and blend until you have a smooth purée. If you prefer a chunkier soup, pulse until you reach your preferred consistency.
2. Transfer to a container and chill in the refrigerator for one hour.
3. When ready to serve, ladle soup into bowls and garnish as desired with toasted walnuts, thinly sliced radishes, and your favorite microgreen.

**Nutrition, Vitamins and Minerals:** Zucchini is a variety of summer squash with dark-to light-green mottled skin. Though raw zucchini is mostly water, it does offer some essential vitamins and minerals. **Most of the vitamins and minerals in zucchini are found in the skin.** One medium raw zucchini has 33 calories, 2.37 g of protein, and 6.1 g of carbohydrates and 2 g of fiber. Zucchini and other dark green vegetables are a good source of **vitamin A** which is necessary for growth and development and for proper immune system function. Zucchini is also a source of **vitamin C**, which is a water-soluble vitamin that functions as an antioxidant. Zucchini is a source of **potassium**, a mineral essential for the function of all organs, tissues and cells in your body. Zucchini also provides **phosphorus**, which is an important structural component of bones and cell membranes.

**Selection, Storage and Uses:** When purchasing zucchini, choose zucchini that are **firm and heavy** for their size. Fresh zucchini should have **bright, glossy skin free of any bruises or nicks**. Fresh zucchini should be stored in a plastic bag in the refrigerator for up to one week. Raw zucchini can be grated or chopped and added to salads. You can also slice zucchini into strips and serve with hummus or dip. Zucchini can be steamed or grilled or grated and mixed into zucchini bread.

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Home of "The Mindful Kitchen"

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