



Grilled Tomato Gazpacho Salad

Prep: 20 minutes plus chilling

Cook/Grill: 10 minutes • Serves: 4

- 4 large tomatoes, cored and quartered
- ¼ cup plus 2 tablespoons extra virgin olive oil
- 1 garlic clove, minced
- 2 tablespoons fresh lemon juice
- 2 tablespoons red wine vinegar
- 2 teaspoons chopped fresh cilantro leaves
- 1 teaspoon Tabasco® sauce
- ¾ teaspoon kosher salt
- ¼ teaspoon ground cumin
- ¼ teaspoon smoked paprika
- 3 celery ribs, diagonally sliced ¼-inch thick
- 2 green onions, thinly sliced
- 1 English cucumber, cut lengthwise in half, then sliced ¼-inch thick
- 1 red bell pepper, cut into ½-inch pieces
- ½ large red onion, sliced ¼-inch thick
- ⅓ cup panko breadcrumbs

1. Prepare outdoor grill for direct grilling over high heat. In medium bowl, toss tomatoes with 1 tablespoon oil. Place tomatoes on hot grill rack; cover and cook 10 minutes or until charred and skin is blistered, turning occasionally. Let cool.

2. In small bowl, whisk half the garlic, lemon juice, vinegar, cilantro, Tabasco, ½ teaspoon salt, cumin and paprika; whisking constantly, slowly drizzle in ¼ cup oil until emulsified.

3. In large bowl, toss celery, green onions, cucumber, pepper, red onion and tomatoes. Add dressing and toss to combine; cover and refrigerate at least 1 hour or overnight.

4. In medium skillet, toss breadcrumbs and remaining half the garlic and ¼ teaspoon salt; drizzle with remaining 1 tablespoon oil. Cook over medium heat 5 minutes or until golden brown, stirring occasionally; cool.

5. Serve salad sprinkled with breadcrumb mixture.

Approximate nutritional values per serving:

283 Calories, 21g Fat (3g Saturated), 0mg Cholesterol, 428mg Sodium, 22g Carbohydrates, 4g Fiber, 9g Sugars, 0g Added Sugars, 4g Protein

Chef Tips

Try serving the salad topped with sliced avocado.

Dietitian's Dish

> Cooking tomatoes allows more lycopene to be used in the body. Lycopene is an antioxidant that supports the immune system and fights damage from free radicals that can cause cancer.