



Mango Gazpacho

Recipe Courtesy Chef Bryan Woolley

2 mangoes, peeled and diced
2 cups orange juice
2 Tbsp olive oil
3 Tbsp lime juice
1 cucumber, finely chopped
½ large red bell pepper, finely chopped
½ medium red onion, finely chopped
2 cloves garlic, finely minced
¾ medium jalapeno, finely minced
¼ cup celery, finely chopped
¼ cup zucchini, finely chopped
2 Tbsp cilantro, finely chopped
½ cup tomato, finely chopped
¾ tsp salt

1. Peel all mangoes into bowl collecting as much flesh and juice as possible. Process mango, orange juice, lime juice and olive oil until slightly pureed (it should still have some visible mango pieces so do not over process into a smooth consistency.)
2. In large bowl, add remaining chopped ingredients (Note: all veggies should be finely chopped and garlic should be finely minced)
3. Pour mango-juice mixture on top of chopped vegetables and add salt.
4. Stir together to combine all ingredients. Add up to ½ cup water to thin if needed.
5. Serve chilled. Can be garnished with an avocado slice.

Serves 6.

Nutrition Facts

Calories	140
Total Fat	5g
Saturated Fat	1g
Cholesterol	0mg
Carbohydrates	25g
Sodium	305mg
Protein	2g