

GAZPACHO SALAD WITH RED WINE VINAIGRETTE



Makes 5 servings
Preparation Time: 20 minutes

Nutrition information per serving:

Calories 272, Total Fat 16 g, Saturated Fat 2 g, Cholesterol 0 mg, Sodium 179 mg,
Carbohydrates 27 g, Dietary Fiber 8 g, Protein 8 g

I n g r e d i e n t s

S a l a d	V i n a i g r e t t e
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- | | |
|-------------------------------|----------------------------------|
| • 3 medium tomatoes | • 2 Tbsp red wine vinegar |
| • 1 red onion | • 1/3 cup extra virgin olive oil |
| • 1 yellow bell pepper | • 2 tsp dijon mustard |
| • 1 red bell pepper | • 1 Tbsp honey |
| • 1 cucumber | • Pinch red chili flakes |
| • 12 oz. baby spinach | • Salt & pepper to taste |
| • 1 (15oz) can garbanzo beans | |

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Preparation

Gazpacho Salad

1. Dice tomatoes, red onion, peppers, and cucumbers. Add to a medium bowl and mix together.
2. Alternate a layer of vegetables and spinach into a larger bowl.
3. Drizzle with Red Wine Vinaigrette

Red Wine Vinaigrette

1. In a medium bowl, add red wine vinegar, dijon mustard, and honey. Whisk together.
2. Slowly whisk in olive oil to allow mixture to emulsify. Stir in a pinch of chili flakes and salt and pepper to taste.
3. Refrigerate and let flavors blend for at least 30 minutes, preferably 2 hours, before serving.

Option: You can make this dressing using the jar-and-shake method - combine all ingredients in a jar with a tight-fitting lid and shake until well combined.

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