

Featured Recipe

Gazpacho Soup - Courtesy of Darlene Tibbets

Here is a favorite summertime recipe that is sure to please. Cool, tasty and always appreciated, this Gazpacho will have you coming back for more.



INGREDIENTS:

1 cup tomato, peeled and finely chopped	2 -3 tablespoons Tarragon Wine Vinegar
1/2 cup green pepper, finely chopped	2 tablespoons olive oil
1/2 cup celery, finely chopped	1 teaspoon Salt
1/2 cucumber, finely chopped	1/4 teaspoon fresh ground black pepper
1/4 cup onion, finely chopped	1/2 teaspoon Worcestershire Sauce
2 tablespoons parsley snipped	2 cans tomato juice
1 clove garlic, minced	

PREPARATION:

Combine all ingredients in a glass bowl. Cover and chill at least 4 hours. Serve in chilled soup cups. Serves 6.

Bon Appetit!

Allergy & Environmental Treatment Center provides quality care to individuals suffering from a variety of debilitating symptoms associated with food, environmental and chemical allergies.

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Sincerely,

Sharon Gwozdek, R.N., B.S.N.
Allergy & Environmental Treatment Center

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