

Summer suppers fresh from the farmers' market

19 June 2019, by Len Canter, Healthday Reporter



that will be ready when you are, and it's very fast to make.

Easy Tomato Gazpacho

- 2 pounds tomatoes, quartered
- 1 cup chopped green bell peppers
- 1/2 cup chopped shallots
- 1/4 cup whole almonds
- 2 tablespoons sherry vinegar
- 1/4 teaspoon salt

Combine all the ingredients in a blender or food processor. Puree until you reach desired chunkiness and then chill for about an hour before serving.

Yield: 4 servings

More information: The U.S. Department of Agriculture has a resource guide for families to make the most of [summer foods](#) and encourage healthy eating.

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(HealthDay)—Summer is the perfect time to give your stove a rest and kick back with some fast, no-cook meals made with veggies you can grab at your farmers' market.

For a tasty alternative to a ho-hum salad, thinly slice zucchini and toss with [extra-virgin olive oil](#), [lemon juice](#) and salt. Add a few dollops of ricotta and sprinkle with fresh herbs.

Craving a Cobb salad? Make it with corn cut fresh from the cob. Add a superfood boost by tossing in baby spinach for plenty of additional vitamins A and C, iron and folate. Top it off with cherry tomatoes, a few cubes of avocado and diced hard-boiled eggs—add extra whites if you like. Sprinkle with some crumbled [blue cheese](#) and a drizzle of antioxidant-rich extra-virgin olive oil, and you'll never miss the bacon.

Want a no-fuss do-ahead meal that goes from fridge to table? Tomato gazpacho with sherry vinegar and fresh garden peppers is a cold soup

APA citation: Summer suppers fresh from the farmers' market (2019, June 19) retrieved 23 April 2021 from <https://medicalxpress.com/news/2019-06-summer-suppers-fresh-farmers.html>

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