

RECIPE OF THE WEEK

FEATURING: *SWEET CORN!*

SPICY WHITE BEAN & SWEET CORN GAZPACHO

ADAPTED FROM VEGETARIANVENTURES.COM

Serves: 4 (as a main)

Ingredients

2 pints sweet yellow tomatoes (or cherry tomatoes), roughly chopped
3 ears of corn (about 1 1/2 cups), slice off kernels
1 yellow bell pepper, quartered
1/2 of 1 small onion, chopped
2 tsp. sea salt
1 tsp. garlic chili paste
1 15 oz. can Great Northern white beans, drained and rinsed
1/4 cup sherry vinegar
1 Tbsp. lemon juice
Freshly ground pepper
Unsweetened plain plant-milk yogurt, for garnish (Forager, Kite Hill, etc.)
Fresh herbs, for garnish (dill, basil, cilantro, or parsley)

Instructions

Add tomatoes, corn, pepper, and onion to a large bowl. Stir in salt and let sit for thirty minutes.

Working in two batches, transfer to a high-speed blender along with chili paste, beans, and vinegar. Blend until completely smooth. Season with pepper (and more salt, if needed).

Transfer to four bowls and garnish with yogurt, corn, chopped tomatoes, fresh herbs, and a few grinds of pepper.

Brought to you by...

Paradise Produce,

Brenda Johnson MD & Cheryl Bauermeister ANP

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