

Kale and Olive Gazpacho

Source: Mark Bittman's Kitchen Matrix

Prep	Cook	Total
10 min	5 min	15 min

Serving: 4

I thought this was so different that I had to try it and it was great -- but I like kale and gazpacho!

Bears repeating that this recipe - like all loaded with veggies - is loaded with vitamins and minerals!

Ingredients

2 bunches **kale** *chopped*

2 **cucumbers** *chopped*

$\frac{1}{4}$ cup **green olives**

2 **bread slices**

$\frac{1}{4}$ cup **olive oil** + *more for sauting*

2 tablespoons **red wine vinegar**

2 cups **water**

$\frac{1}{8}$ teaspoon **black pepper**

pinch **red pepper flakes**

Parmesan *(for garnish)*

Directions

Saute kale in a small bit of olive oil until soft; cool. Combine kale with balance of ingredients (except Parmesan) in a blender or food processor and to desired texture.

Chill if you like. Garnish with Parmesan and eat.

Nutritional Information

Amount Per Serving (4 Servings)

Calories: 243 **Protein:** 7 g **Sugar:** 6 g **Carbohydrate:** 22 g **Fat:** 16 g **Cholesterol:** 0 **Sodium:** 237 mg **Fiber:** 5 g