



Make & Take
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Art of Eating Healthy

"Bowl of Champions" aka Watermelon Gazpacho
from The Blender Girl by Tess Masters serves 8

This soup requires time to "steep" before eating in order to maximize the sweet, spicy and salty combination. But it's SO worth it! 12-24 hours to "steep" is ideal.

- 4 cups rough-chopped seedless watermelon + 6 cups, diced (I do about 1-cm cubes)
- 2 cups diced tomatoes (I prefer organic Campari but try whatever type you like!)
- 1 cup peeled, seeded and diced cucumber (an average-sized cuke will yield approximately 1 cup; however, I prefer to use seedless/English cukes, which are typically larger)
- 1/2 cup diced red bell pepper
- 3 Tablespoons (1, 0.5-oz clamshell from the produce section) finely chopped fresh basil
- 3 Tablespoons fresh lime juice (or 100% lime juice – I used Nellie and Joe's Key West Lime Juice)
- 3 Tablespoons finely chopped fresh mint (maybe cut back a tad if you're not a mint fan!)
- 2 Tablespoons finely diced red onion
- 2 teaspoons minced fresh ginger
- 1 teaspoon grated lime zest (when you use zest, be sure the fruit is organic!)
- 1/2 teaspoon minced green serrano pepper (more if you like more heat; leave seeds in for more heat)
- Sea salt, to taste
- Fresh ground pepper (optional)
- Lime wedges to garnish, optional

Puree 4 cups of chopped watermelon in blender until liquefied. Pour into large soup pan, enamel-coated Dutch oven or large mixing bowl (with lid). (I used an enamel-coated LeCreuset Dutch oven.) To the watermelon puree, add 6 cups diced watermelon and all remaining ingredients, taking care to chop everything according to the size and texture you prefer. Season with sea salt, to taste.

Let sit, covered, in the fridge for 12-24 hours if at all possible, but at least for 3 hours. Be sure to taste just prior to serving and adjust seasonings as desired. If you accidentally make it too spicy, add more lime juice. It is pretty to garnish with lime wedges.

The color and textures in this will blow you away! But don't expect this to be a sweet soup – it's still savory! Give yourself a few tastes if you don't love it right away – this is a flavor combination quite unusual in our culture, so your tongue may need to get used to it. I fell in love with it on the second bowl....