

Watermelon Gazpacho

A Greek friend prepared this for me on our sailboat while exploring islands in Greece, when watermelon and tomatoes are at their peak. This dish is incredibly refreshing and flavorful, perfect for a warm summer evening.

Roasting Time: 1 Hour

Prep Time: 15 Minutes

Serves: 4

Ingredients:

3 cups cherry tomatoes, sliced in half
1 red bell pepper, stem and seeds removed, chopped
½ teaspoon sea salt
¼ teaspoon ground black pepper
½ teaspoon dried oregano
2 medium garlic cloves (whole)
4 tablespoons extra-virgin olive oil
6 cups watermelon, rind removed, chopped, seeds discarded
2 tablespoons fresh mint
1 small cucumber, half the skin peeled, diced into ½-inch cubes

Directions:

Preheat oven to 375° (F).

In an ovenproof dish, combine tomatoes, bell pepper, salt, black pepper, oregano, garlic, and olive oil. Roast in the oven for one hour.

Combine roasted tomato and bell pepper mixture with watermelon and mint in a blender at low speed and blend, leaving a few small chunks of tomato and pepper.

Pour into a serving bowl and refrigerate at least one hour, stir in cucumber, and serve.

Enjoy!

Steven Masley, MD