

Gazpacho with garlicky shrimp

Gazpacho isn't only delicious — it's also been [shown](#) to boost vitamin C levels and lower oxidative stress and inflammation, all of which are associated with a lower risk of cancer, diabetes and cardiovascular disease. In [one study](#), gazpacho consumption was linked to lower blood pressure and reduced hypertension in people at high cardiovascular risk. Researchers cited two reasons: For one, gazpacho is made from raw ingredients at peak ripeness and nutritiousness. Moreover, the combination of a large variety of plant foods with highly diverse nutrient profiles increases the scope for “nutrient synergy,” whereby one nutrient reinforces another, resulting in a whole that is greater than the sum of its parts. This soup is a cinch to prepare ahead, so why not pretend you're a Spaniard and drink a glass of gazpacho every day this summer? Make sure all your ingredients – tomato juice, peppers, cucumber, onion – are well chilled so the soup is nice and cold. If you don't have a blender, you can make a chunky gazpacho by finely cubing all the ingredients (fruit-salad style) and combining them with the tomato juice. As an alternative to shrimp, you can top gazpacho with chopped hard-boiled egg, olives, cubed veggies or toasted almond slivers cheese. Serves 4 as a main course or 8 as an appetizer.

Gazpacho

3 cups tomato juice
12-oz jar grilled peppers, drained (packed in water, not oil; I like the [Cento brand](#) or Trader Joes' best)
1 whole English cucumber, washed and coarsely cubed
10.5 oz grape tomatoes, washed
½ red onion, diced
1 clove garlic, minced
1 ripe avocado, peeled, & stoned and quartered
¼ cup olive oil
4 tbsp white balsamic vinegar
salt & freshly ground black pepper

Croutons

4 slices sourdough bread, finely cubed
2 tbsp olive oil
1 tsp garlic powder

Shrimp

2 tbsp olive oil
10 cloves garlic (don't worry, once cooked they're not as pungent as you may think)
½ tsp red pepper flakes
1lb shrimp, deveined and peeled
1 tbsp lemon juice
¼ cup parsley, finely chopped
freshly ground black pepper, salt

Combine tomato juice, roasted peppers, cucumber, tomatoes, onion, garlic, avocado, olive oil and vinegar in a large bowl and toss. Season with salt & freshly ground black pepper. Blend in two to three batches. Refrigerate until serving (can keep for several hours).

Preheat oven to 375F. Toss bread cubes in olive oil, garlic powder and salt. Tip onto a baking sheet lined with baking parchment and bake for 15 minutes until golden, turning with a spatula half-way through. Transfer to a plate to cool; set aside.

Five minutes before you are ready to eat, cook the shrimp: Warm olive oil in a heavy frying pan over high heat. Add the garlic and red pepper flakes and sauté for 20-30 seconds. Don't brown the garlic or it will taste bitter. Now add the shrimp and lemon juice. Sauté, stirring briskly, until the shrimp turn pink – two to three minutes. Remove from heat. Season to taste with salt and freshly ground black pepper. Sprinkle with parsley and stir to combine.

Ladle soup into bowls, top with shrimp and croutons and serve immediately.