

## Go-To Gazpacho

### INGREDIENTS

1 medium cucumber, peeled & seeded  
1 medium bell pepper, cored  
1 ½ pounds ripe tomatoes (4-5 medium), cored  
1 slice whole wheat sandwich bread, crusts removed  
1 small glove garlic, minced  
3 tablespoons extra virgin olive oil, plus 4 teaspoons for garnish  
1 tablespoon sherry vinegar  
¼ teaspoon salt

### NUTRITIONAL VALUE

Makes 4 servings  
Service size: about 1 cup  
Per serving: Calories 190; Total Fat 15g (Mono Fat 10.8g, Poly Fat 1.8g, Sat Fat 2.1g); Protein 3g; Carb 13g; Fiber 3g; Cholesterol 0mg; Sodium 480mg

### PREPARATION

Chop half of the cucumber and half of the pepper into large chunks and put them into a blender. Finely chop the remaining peppers and cucumber and set aside for garnish.

Add the tomatoes, bread, garlic, 3 tablespoons of olive oil, sherry vinegar, salt and ½ cup of water to the blender and blend until smooth. Chill in the refrigerator in an airtight container for at least 2 hours and up to 4 days.

Stir before serving and garnish each bowl with 2 tablespoons each chopped cucumber and peppers and drizzle with 1 teaspoon olive oil.

## Grilled Scallops w/ Lemon Herb Drizzle

### INGREDIENTS

2 tablespoons extra virgin olive oil, divided  
1 ½ tablespoons fresh lemon juice  
1 teaspoon finely grated lemon zest  
½ teaspoon dried oregano  
¼ teaspoon salt, divided  
¼ teaspoon freshly ground black pepper, divided  
2 tablespoons chopped fresh parsley leaves  
16 scallions  
1 ¼ pounds large scallops (about 12)  
1 tablespoon regular olive oil

### NUTRITIONAL VALUE

Makes 4 servings  
Service size: 1 skewer and 1 ½ tablespoon of sauce

### PREPARATION

In a small bowl, whisk together 2 tablespoons extra-virgin oil, the lemon juice, lemon zest, oregano, and 1/8 teaspoons each of the salt and pepper. Stir in the parsley.

Trim the roots and greens off of the scallions leaving about an inch of the white and light green part. (Save the greens for another use, such as in a salad.) Cut a few slices lengthwise into the light green end of each scallion piece so it fans out a bit.

Thread the scallops and scallions onto 4 skewers, alternating them on each skewer. (If wooden, pre-soak the skewers in water for 15 minutes.) Brush the skewered scallops and scallions on both sides with the regular olive oil, and season with the remaining 1/8 teaspoon each salt and pepper.

Preheat a grill or grill pan over a medium-high heat. Cook the scallops until grill marks have formed and they are no longer translucent, turning once, 5-6 minutes total. Serve drizzled with the lemon-herb mixture.

## Melt In Your Mouth, No-Roll, Olive Oil Pie Crust used in a Broccoli Cheddar Quiche

### Melt In Your Mouth, No-Roll, Olive Oil Pie Crust

#### INGREDIENTS

2/3 cup whole grain pastry flour  
½ cup all-purpose flour  
¼ teaspoon salt  
2 tablespoons cold 1% low-fat milk  
1/3 cup olive oil, plus 1 teaspoon for brushing

#### NUTRITIONAL VALUE

Makes 1 pie crust  
Serves 6  
Serving size: 1/6 pie crust

Per serving: Calories 210; Total Fat 13g (Mono Fat 9.2g, Poly Fat 1.4g, Sat Fat 1.8g); Protein 3g; Carb 19g; Fiber 2g; Cholesterol 0mg; Sodium 100mg

#### PREPARATION

Preheat the oven to 400 degrees.

In a medium bowl, whisk the whole-grain pastry flour, all-purpose flour and salt. In a small bowl or spouted pitcher, whisk the milk into 1/3 cup of the olive oil until it is well integrated. Make a well in the flour mixture, pour in the oil mixture then combine with a fork until crumbly.

Brush a 9 inch pie plate and one side of a 10-inch square piece of foil with the remaining teaspoon of oil. Pat the mixture into the prepared pie plate as you would a graham cracker crust

Prick the pie crust in a few spots with a fork. Line the crust with foil (oiled side touching the crust) and top with pie weights or raw rice and bake for 10 minutes. Remove the weights or rice and the foil and bake for another 5 minutes, until golden. Allow to cool completely.

### Broccoli Cheddar Quiche

#### INGREDIENTS

1 tablespoon olive oil  
1 small onion, diced  
2 cups broccoli florets, coarsely chopped  
¼ teaspoon salt  
¼ teaspoon freshly ground black pepper  
1 teaspoon mustard powder  
1 cup 1% low-fat milk  
3 tablespoons all-purpose flour  
4 large eggs  
¾ cup shredded sharp cheddar cheese (3 ounces)  
1 Melt-In-Your-Mouth Olive Oil Pie Crust

#### NUTRITIONAL VALUE

Serves 6  
Serving Size: 1/6 of quiche

Per serving: Calories 370; Total Fat 23g (Mono Fat 12.2g, Poly Fat 2.3g, Sat Fat 6.4g); Protein 13g; Carb 28g; Fiber 3g; Cholesterol 140mg; Sodium 360mg

#### PREPARATION

Preheat the oven to 350 degrees. Heat the oil in a medium skillet over a medium heat. Add the onion and cook until translucent, 3 minutes. Add the broccoli and cook, stirring frequently, until the broccoli begins to soften, 3 minutes. Stir in the salt, pepper and mustard powder. Allow to cool completely.

In a large bowl whisk together the milk and flour until the flour is dissolved. Add the eggs and whisk to incorporate.

Pour the filling into the pie crust and bake until a knife inserted into the middle comes out clean, 50-65 minutes. Allow to cool for 5 minutes before slicing.