

cucumber grape *Gazpacho*



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Serves 8

Ingredients

- 2 lbs. (908 g) seedless green grapes
- 1 Paysanne cucumber, peeled, seeded and chopped
- 2 tbsp. (30 g) fresh dill
- 6 green onions, green and white parts minced
- 1 cup (250 ml) plain yogurt
- 2 tbsp. (30 g) cream cheese
- 4 cups (1 L) heavy cream
- ¼ cup (63 ml) rice wine vinegar
- 2 tbsp. (30 ml) extra virgin olive oil
- 1 bunch of chives, chopped
- Salt and pepper to taste

Method

1. Place the first nine ingredients into a food processor until well blended. Add salt and pepper to taste.
2. Refrigerate the soup for 1 hour. Serve in chilled soup bowls and garnish with chives, toasted almonds or dill sprigs.

Flavor Note

Adding a ½ cup (125 ml) of toasted slivered almonds gives a nice crunch and delightful finish to the soup.

Nutritional Facts per serving (352 g): Calories 570

Fat 49 g (75 %), Saturated Fat 27 g + Trans Fat 0 g (135 %),
Cholesterol 155 mg, Sodium 180 mg (8 %), Carbohydrate 34 g
(11 %), Fiber 3 g (12%), Sugars 24 g, Protein 7 g, Vit A (8 %),
Vit C (40 %), Calcium (15 %), Iron (8 %). % = % Daily Value