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# Cold Zucchini Basil Soup

*Jane Tuttle - New York*

*North American Potpourri - Autism Directory Service, Inc - 1993*

Servings: 4

**4 cups zucchini, peeled and sliced**

**4 scallions with green tops, sliced**

**1 cup chicken broth**

**2 cups buttermilk**

**1/4 cup basil, chopped**

**salt**

**freshly ground pepper**

**minced chives or parsley**

In a covered pot, cook the zucchini, scallions and broth together until tender and the liquid is evaporated (about 15 minutes). If necessary, uncover for the last 5 minutes to aid evaporation.

In a food processor or blender, combine the vegetable mixture, buttermilk and basil. Puree'. Add salt and pepper to taste.

Refrigerate for several hours until very cold. Taste. Adjust with additional seasoning if needed. Stir again.

Serve in bowls garnished with minced chives or parsley.

(If the soup is too thick, it can be diluted with additional chicken broth.)

**Soups, Chili, Stew**

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*Per Serving (excluding unknown items): 88 Calories; 2g Fat (16.7% calories from fat); 7g Protein; 12g Carbohydrate; 3g Dietary Fiber; 4mg Cholesterol; 325mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1/2 Non-Fat Milk; 0 Fat.*