

Cucumber-Yogurt Soup II

Courtney Allison - "The Soup Club Cookbook"
Scripps Treasure Coast Newspapers

Yield: 2 quarts

*5 medium (about 2.5 pounds)
cucumbers, divided*
*1 1/2 cups walnuts, toasted and
roughly chopped, divided*
*2 1/2 cups plain Greek yogurt,
divided*
*1 scallion (green and white parts),
chopped*
1 clove garlic, minced
1/2 cup fresh mint leaves
1/2 cup fresh flat-leaf parsley leaves
1/4 bunch dill
grated zest of 1/2 lemon
1/4 cup freshly squeezed lemon juice
*3/4 cup ice-cold water (or cold
vegetable broth), (plus more as
needed)*
salt (to taste)
freshly ground black pepper (to taste)
1/4 cup dill (for garnish), minced
splash hot sauce

Peel, seed and roughly chop four cucumbers.
Peel the remaining cucumber and cut it
lengthwise, then seed and slice it into half
moons. Set aside for garnish.

In a stockpot, add the walnuts, chopped
cucumbers, two cups of yogurt, scallion, garlic,
mint, parsley, dill, lemon zest, lemon juice and
water (or broth).

Using an immersion blender, blend until very
smooth. Add additional chilled water as needed
to blend. Season with salt and pepper.

Refrigerate for at least two hours or until
thoroughly chilled before serving.

To serve: Stir 1/2 cup of walnuts into the soup.
Top with 1/4 cup of dill, a dollop of yogurt, finely
sliced cucumber and 1/2 cup of walnuts. Add a
splash of hot sauce.

Per Serving (excluding unknown
items): 1360 Calories; 108g Fat
(65.7% calories from fat); 58g
Protein; 69g Carbohydrate; 24g
Dietary Fiber; 0mg Cholesterol;
48mg Sodium. Exchanges: 1 1/2
Grain(Starch); 6 Lean Meat; 9 1/2
Vegetable; 18 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	1360	Vitamin B6 (mg):	1.7mg
% Calories from Fat:	65.7%	Vitamin B12 (mcg):	0mcg

% Calories from Carbohydrates: 18.7%
 % Calories from Protein: 15.6%
 Total Fat (g): 108g
 Saturated Fat (g): 7g
 Monounsaturated Fat (g): 24g
 Polyunsaturated Fat (g): 71g
 Cholesterol (mg): 0mg
 Carbohydrate (g): 69g
 Dietary Fiber (g): 24g
 Protein (g): 58g
 Sodium (mg): 48mg
 Potassium (mg): 3395mg
 Calcium (mg): 429mg
 Iron (mg): 15mg
 Zinc (mg): 10mg
 Vitamin C (mg): 93mg
 Vitamin A (i.u.): 5672IU
 Vitamin A (r.e.): 560RE

Thiamin B1 (mg): .8mg
 Riboflavin B2 (mg): .5mg
 Folic Acid (mcg): 366mcg
 Niacin (mg): 5mg
 Caffeine (mg): 0mg
 Alcohol (kcal): 0
 % Daily Value

Food Exchanges

Grain (Starch): 1 1/2
 Lean Meat: 6
 Vegetable: 9 1/2
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 18
 Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 1360 Calories from Fat: 894

% Daily Values*

Total Fat	108g	166%
Saturated Fat	7g	36%
Cholesterol	0mg	0%
Sodium	48mg	2%
Total Carbohydrates	69g	23%
Dietary Fiber	24g	97%
Protein	58g	
Vitamin A		113%
Vitamin C		155%
Calcium		43%
Iron		84%

* Percent Daily Values are based on a 2000 calorie diet.