

Tomatillo Gazpacho

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Servings: 8

Preparation Time: 30 minutes

Cook time: 10 minutes

2 1/2 pounds fresh tomatillos

1 medium jalapeno pepper

2 cloves garlic, halved

2 small (2 1/4 cups) cucumber, peeled, seeded and diced; divided

1 cup cold water

2 cups fresh or frozen corn kernels, cooked

1/2 cup plum tomatoes, chopped

2 tablespoons red onion, finely chopped

2 tablespoons snipped fresh cilantro

2 tablespoons lime juice

1 teaspoon salt

1/2 teaspoon sugar

lime slices and cilantro sprigs (for garnish)

Husk and rinse the tomatillos.

In a Dutch oven, place the tomatillos, jalapeno and garlic. Add enough water to cover.

Bring the water to a boil. Reduce the heat and simmer, uncovered, for 10 to 12 minutes or until the tomatillos are soft. Drain.

Remove and discard the stem and seeds from the jalapeno.

In a food processor or blender, combine the tomatillos, jalapeno, garlic and 1 1/2 cups of the cucumber. Cover and process or blend until smooth. Transfer the mixture to a large bowl.

Stir in the cold water, corn, remaining cucumber, tomatoes, red onion, cilantro, lime juice, salt and sugar.

Cover and refrigerate at least three hours or up to twenty-four hours.

Spoon the soup into bowls.

Garnish with lime slices and cilantro sprigs.

Per Serving (excluding unknown items): 17 Calories; trace Fat (7.2% calories from fat); 1g Protein; 4g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 270mg Sodium. Exchanges: 1/2 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates.