

Cucumber and Fresh Pea Soup

Helene Dujardin

Publix Grape Magazine - Summer 2011

Servings: 4

Preparation Time: 15 minutes

Cook time: 8 minutes

1 cup fresh peas, shelled

1 regular cucumber

water or vegetable stock

salt and black pepper

pomegranate seeds (optional)

pea shoots (optional)

In a large pot of boiling water, blanch the fresh peas until fork-tender, about 8 minutes. Drain and dump the peas into a bowl of ice-cold water to cool and stop the cooking process. Once they are cold, drain completely.

Meanwhile, peel and seed the cucumber. Seeding is not mandatory, but it is recommended to do it, if possible.

Place the peas and cucumber in a food processor and start pureeing them. Depending on the amount of water originally in the cucumber, you might need to add water or vegetable stock to reach the consistency that you desire, anywhere from a few tablespoons to 1/3 cup.

Salt and pepper to taste.

Keep refrigerated until ready to eat.

Top with pomegranate seeds and pea shoots, if desired.

Per Serving (excluding unknown items): 29 Calories; trace Fat (4.3% calories from fat); 2g Protein; 5g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 1/2 Grain(Starch).