

GUASTELLO'S VILLAGE MARKET

Chilled Avocado-Cucumber Soup

Ingredients:

1 English cucumber, peeled and diced (1/4 cup reserved for garnish)
1 avocado, pitted, peeled, and diced (1/4 cup reserved for garnish)
½ tsp. finely grated lemon zest, plus 1 tbl. fresh lemon juice
¼ cup coarsely chopped fresh cilantro, plus sprigs for garnish
1 scallion, white and pale-green parts only, coarsely chopped (about 2 tbl.)
1 jalapeno, seeded and coarsely chopped
1 cup nonfat plain yogurt
1 cup cold water
1 ½ tsp. coarse salt
¼ tsp. pepper

Puree ingredients in a blender. Divide the soup and reserved cucumber and avocado among 4 bowls. Cover with plastic wrap. Refrigerate 30 minutes. Garnish with cilantro sprigs.

Credit: Martha Stewart Living