



Cold Soups

Cantaloupe Soup

You'll Need

- 1 cantaloupe
- 1 orange
- ½ cup whipping cream
- 1 teaspoon sugar
- A pinch of salt

Directions

- Quarter cantaloupe melon; remove seeds and outer rind.
- Cut melon into small pieces.
- In blender or food processor, process melon until smooth; transfer to a bowl.
- Grate rind from orange and reserve for garnish.
- Squeeze juice from orange; add to the bowl along with the cream, sugar, and salt.
- Cover and refrigerate for at least 4 hours or until chilled.
- Sprinkle with the grated orange rinds.

Play with Your Food

- Before serving add a squirt of lime.
- Mix in some freshly grated ginger



Cool Yogurt Soup

You'll Need

- 3 medium cucumbers
- 6 cups yogurt
- 2 Tablespoons white vinegar
- 1 Tablespoon olive oil
- 3 garlic cloves, minced
- 1 Tablespoon chopped mint
- 1 ½ teaspoons chopped dill
- Salt

Directions

- Peel cucumbers and slice lengthwise into halves.
- Scoop out seeds from each half with spoon.
- Coarsely grate cucumbers to measure about 3 cups.
- Place yogurt in deep bowl and whisk or stir until completely smooth.
- Gently but thoroughly stir in grated cucumbers, vinegar, oil, garlic, mint and dill.
- Season to taste with salt.
- Refrigerate soup 2 hours or until thoroughly chilled.

Makes 2 to 2 1/2 quarts

Play with Your Food

Substitute the dill with chopped fresh parsley.



Vegetable Gazpacho Soup

You'll Need

- 2 garlic cloves, chopped
- 6 large tomatoes
- 1 large onion
- 1 green pepper
- 2 small cucumbers
- ½ cup olive oil
- 1/3 cup lemon juice
- 3 cups tomato juice
- Salt
- Cayenne pepper

Directions

- Peel the tomatoes and blend with the garlic in a blender.
- Add 1/4 of the green pepper, 1/4 of the onion, and 1/2 of the cucumber.
- Chill.
- Chop remaining vegetables and put in refrigerator.
- Put tomato juice in refrigerator.
- Just before serving, blend olive oil, lemon juice, salt, cayenne and tomato juice.
- Add to blender mixture.
- Ladle into soup dishes and add chopped vegetables.
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- Top with croutons as a garnish.

Play Your for Food

Top soups with some fresh herbs of choice. Try cilantro, basil or parsley.