



FARMERS MARKET

37685 South Gratiot – Clinton Township, MI 48036 – 586.469.2525

Chilled Avocado-Cucumber Soup –

- 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**

1. 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