



Green Gazpacho

By Mary Reilly

Servings: 2

Ingredients	Nutrient value per serving Serving Size = 2 c. per person
2 c. fat-free yogurt 1 med. cucumber, cut into chunks 1 med. green bell pepper, seeded and cut into 1-in. pieces 3 scallions, chopped ½ c. cilantro leaves, plus some extra set aside for garnish ½ garlic clove (optional) ¼ t. salt pinch ground pepper ¼ lb. cooked small (51/60 count) shrimp	Exchanges 1 milk 2 ½ vegetable 2 protein Calories171 Calories from Fat.....0 Total Fat.....0 g Saturated Fat0 g Cholesterol.....53 mg Sodium.....358 mg Carbohydrate22 g Fiber.....2 g Sugar 10 g Protein.....14 g
Instructions	Notes
1. Place all ingredients but the shrimp into a blender and puree until smooth. If the soup seems too thick, add a little water to make it soupier. Remove from the blender and stir in the shrimp. 2. Chill the soup for at least 8 hrs., preferably overnight. Before serving, garnish with a few extra cilantro leaves, if desired.	Prep and cook time: 10 min., plus 8 or more hrs. to chill. You don't always have to drink milk to get a milk exchange! Sip this soup to enjoy half of your day's milk choices. <i>GLUTEN-FREE recipes are prepared without any wheat, barley, rye or triticale. Check the label on each ingredient to make sure the brand you are using does not contain these grains in any form (flour, bread, stuffing, bran germ, malt, starch, etc.).</i> Note: All exchange values are approximate. When an optional or additional ingredient is offered, exchange values may change.