



Melon Soup

By Mary Reilly

Servings: 2

Ingredients	Nutrient value per serving Serving Size =2 c. per person
2 c. ripe cantaloupe, chopped 1 c. cucumber, chopped 2 T. red onion, chopped 1 T. mint leaves, plus some extra set aside for garnish 1 or 2 raw jalapeno slices ¼ t. salt 2 t. red wine vinegar	Exchanges2 fruit Calories.....91 Calories from Fat0 Total Fat.....0 g Saturated Fat0 g Cholesterol.....0 mg Sodium.....188 mg Carbohydrate24 g Fiber.....3 g Sugar17 g Protein2 g
Instructions	Notes
<ol style="list-style-type: none"> Place the cantaloupe, cucumber, onion, a tablespoon of mint leaves, the jalapeno slices and salt into a blender, and puree until smooth, adding a little water, if needed, to get a soupy consistency. Chill the soup for at least 8 hrs., preferably overnight. Serve, drizzled with red wine vinegar and topped with the extra mint leaves, which you may finely chop or shred before using as a garnish. 	<p>Prep and cook time: 10 min., plus 8 or more hrs. to chill.</p> <p><i>GLUTEN-FREE recipes are prepared without any wheat, barley, rye or triticale. VEGAN recipes are prepared without any animal products including fats, milk or eggs. Check the label on each ingredient to make sure the brand you are using does not contain these items in any form. 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></p> <p>Note: All exchange values are approximate. When an optional or additional ingredient is offered, exchange values may change.</p>