



Cold Cucumber and Honeydew Melon Soup with Crab

Ingredients:

- 2 quarts roughly chopped, peeled and seeded English cucumbers
- 1 quart roughly chopped, peeled and seeded ripe honeydew melon
- 3 tablespoons fresh lemon juice
- 1 tablespoon sugar
- 1/3 cup light cream
- salt to taste
- 1/8 teaspoon hot sauce
- 10 ounces fresh picked crab meat
- 3/4 cup seeded and diced yellow and/or red tomato
- 1/2 cup diced ripe (yet still firm) avocado
- 2 teaspoons chopped fresh chives
- 2 teaspoons chopped fresh tarragon (or basil)
- Garnish: fresh herb sprigs

Directions:

1. Add the cucumbers, melon, 2 tablespoons of the lemon juice and the sugar to a food processor and puree until smooth.
2. Strain through a medium strainer pushing down on the solids with a rubber spatula to extract as much liquid as possible.
3. Stir in the cream and season to taste with salt and hot sauce. You should end up with about 1 quart of soup. Cover and refrigerate for at least 1 hour.
4. Gently combine the crab, tomato, avocado and herbs. Season to taste with salt, hot sauce and lemon juice.
5. To serve: Gently press the crab mixture into a 1/4 cup measuring cup and unmold in the center of a large, flat soup plate. Ladle the chilled cucumber.

Nutrition information per serving:

Calories: 165, Carbohydrates: 19g, Total fat: 5g, Saturated fat: 2g, Dietary fiber: 3g, Sodium: 159mg



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