



Elliott Evans Nutrition, LLC
Prevent and Protect
Jan Elliott Evans, PhD, RD, CNSD
Registered Dietitian
drevans@ub-well.com
www.ub-well.com
(804) 339-3200

CHILLED SUMMER SOUPS **Marthastewart.com**

BEET, BUTTERMILK, AND SCALLION SOUP

SERVES 5

- Puree 1 pound peeled large beets, cut into large chunks (3 cups), $\frac{1}{4}$ cup chopped trimmed scallions (about 4), 3 cups low-fat buttermilk, and $1\frac{1}{4}$ teaspoon coarse salt in a blender until smooth.
- Refrigerate until cold, about 1 hour.
- Stir well, and swirl in more buttermilk if desired before serving.

AVOCADO, RADISH, AND BASIL SOUP

SERVES 5

- Scoop flesh from 2 chilled avocados (7-8 ounces each) and puree with 3 cups cold water, $\frac{1}{2}$ teaspoons coarse salt, and $1\frac{1}{2}$ cups basil leaves until smooth.
- Add 3 trimmed large radishes, and pulse until chunky, about 4 times. Season with freshly ground black pepper.
- Refrigerate until cold, about 1 hour.
- Stir well, and garnish with julienned radish and basil leaves if desired before serving.

WATERMELON, JALAPENO, AND LEMON SOUP

SERVES 3

- Cut a small watermelon into large chunks (you should have 6 cups).
- Puree half the watermelon, 3 tablespoons fresh lemon juice, and $\frac{1}{2}$ teaspoon coarse salt in a blender until combined.
- Cut ribs and remove seeds from 2 small jalapeno chiles, and cut into 1-inch pieces. Add to blender with remaining watermelon; pulse until chunky, 2 or 3 times.
- Refrigerate until cold, about 1 hour. Stir well, and garnish with thinly sliced jalapeno if desired before serving.

BELL PEPPER, YOGURT, AND HARISSA SOUP

SERVES 5

- Cut flesh of 3 seeded medium-large yellow bell peppers into large chunks. Puree with 2 teaspoons harissa (North African chili sauce; igourmet.com); 2 cups low-fat plain yogurt, and $\frac{1}{2}$ teaspoon coarse salt in a blender until smooth.
- Refrigerate until cold, about 1 hour. Stir well, and garnish with very thinly sliced yellow bell pepper if desired before serving.

CUCUMBER, YOGURT, AND HORSERADISH SOUP

SERVES 3

- Cut 2 small seedless cucumbers into large chunks. Puree half the cucumber with 1½ cups low-fat plain yogurt, 4½ teaspoons finely grated lemon zest (from 2 lemons), and 2 tablespoons finely grated peeled fresh horseradish in a blender until just smooth.
- Add remaining cucumber, and pulse until chunky, about 4 times. Season with freshly ground pepper. Refrigerate until cold, about 1 hour.
- Stir well, and garnish with grated lemon zest and thinly sliced cucumber if desired before serving.

CANTALOUPE, LIME, AND CHILI SOUP

SERVES 3

- Cut flesh of a 3-pound cantaloupe into large chunks. Puree with ¼ teaspoon sambal oelek (Asian chili paste; ethnicfoods.com), 3 tablespoons fresh lime juice, and ¼ teaspoon coarse salt in a blender until smooth.
- Refrigerate until cold, about 1 hour.
- Stir well, and swirl in more sambal oelek if desired before serving.