

Cucumber-Lychee Gazpacho

From Aarti Sequeira, Food Network, 6/2011



A refreshing treat for a warm summer evening - makes about 6 small servings

1 large English cucumber, coarsely chopped (about 2 cups)

15 ounces lychees (15-ounce can) drained and rinsed

1/2 cup sliced almonds, toasted

4 large sprigs mint

10 sprigs cilantro (soft stems too)

2/3 cup Greek yogurt, full-fat, plain, unsweetened (may also use non-fat)

About 2-4 T. water, as needed to puree the mixture

Kosher salt and freshly cracked black pepper

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>

Servings: 6

In the original recipe this was served with toasted crostini with some Feta cheese sprinkled on it and some paprika on top. I chose not to add that part. If you used non-fat Greek yogurt, the fat would be about zip.

1. Add cucumber, lychees, almonds, mint, cilantro, yogurt, salt and pepper to a blender or a food processor and blend until smooth. If you have trouble getting the mixture to puree, add a little water. Taste for seasoning and adjust as necessary.
2. Chill before serving. Top with a few sprinkles of toasted almonds and a mint sprig.

Per Serving (excluding unknown items): 164 Calories; 9g Fat (45.3% calories from fat); 5g Protein; 19g Carbohydrate; 3g Dietary Fiber; 10mg Cholesterol; 22mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 1/2 Fruit; 1 Fat.