

White Gazpacho with Grapes and Toasted Almonds

Carolyn T's
Main Cookbook

Servings: 7

Author: Adapted from Ellie Krieger, via Tortefasor blog



- 2 large hothouse cucumbers, roughly chopped**
- 3 slices white bread, crusts removed**
- 1/2 cup warm water**
- 2 cloves garlic**
- 3 whole green onions, white part only**
- 3 tablespoons sherry vinegar**
- 1 teaspoon lemon juice, plus more to taste**
- 1/3 cup slivered almonds, lightly toasted, divided**
- 1/2 teaspoon salt, plus more, to taste**
- 3 tablespoons olive oil**
- 1 cup fat free half-and-half**
- 2 teaspoons sugar, or Splenda**
- GARNISH:**
- 1/2 cup green grapes, minced**
- 1/3 cup hothouse cucumber, minced**
- 1 whole green onion, minced**
- 3 tablespoons slivered almonds, lightly toasted**

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

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Per Serving (excluding unknown items): 192 Calories; 12g Fat (55.5% calories from fat); 5g Protein; 17g Carbohydrate; 2g Dietary Fiber; trace Cholesterol; 247mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Non-Fat Milk; 2 Fat; 0 Other Carbohydrates.

Notes: Be careful of the wine vinegar (sherry or other white type) - you may want to reduce the amount by a tablespoon until you see how it tastes. You can always add more, but if it's too tart, you can't remove it! Word to the wise. You can dry toast the almonds in a nonstick skillet - takes about 3-4 minutes total. Be careful - they'll go from toasty to black in a matter of seconds. Chill the soup for a couple of hours before serving, and keep leftovers no more than a couple of days, if possible.

Description:

1. Prepare and set aside the ingredients for the garnish and chill. Leave almonds separate and at room temp.
2. Soak the bread in water until soft, about 2 minutes. Place soaked bread, cucumbers, garlic, green onions, vinegar, lemon juice, almonds, salt and olive oil in the bowl of a food processor and process until cucumbers are completely blended and liquid and almonds are almost completely invisible, about 1 to 2 minutes. Season with additional salt and vinegar, if desired. Add the fat free half and half and sugar. Taste for seasonings (salt particularly).
3. Chill completely.
4. To serve, ladle 1 cup gazpacho into a bowl. Mound 2 T. garnish in the center of the soup. Add almonds on top.