

Chilled Cucumber Soup Garnished with Avocado Salad

Simple to make without heated cooking...Cool and refreshing

SERVES: 4-6
 PREP TIME: 20 minutes
 TOTAL TIME: 25 minutes + rest in refrigerator



INGREDIENTS

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- 4 English cucumbers, peeled, deseeded and roughly chopped
- 3 green onions, roughly chopped
- 2 cups vegetable broth, low sodium, chilled
- 2 Tbsp. Greek yogurt, plain
- 1 Tbsp. lime juice, freshly squeezed
- 1 Tbsp. fresh dill, lightly chopped
- 1 Tbsp. GC Napa Valley Natural Lemon Finishing Sea Salt
- 1 tsp. GC Napa Valley Natural Meyer Lemon Tellicherry Pepper

"AVOCADO SALAD" GARNISH

- 1 avocado, diced ½" pieces
- 1 English cucumber, diced into ¼" pieces
- 1 tsp. fresh mint, thinly sliced
- 2 Tbsp. fresh chives, thinly sliced
- 2 Tbsp. fresh dill, finely chopped
- 2 Tbsp. radish, sliced to match stick sized pieces (julienne)
- 1 Tbsp. GC Napa Valley Natural Lemon Olive Oil

"HONEY YOGURT" GARNISH

- 1 Tbsp. GC Napa Valley Natural Culinary Lavender Infused Honey
- 1/3 cup Greek yogurt, plain

TO PREPARE

- Soup: Prepare 6-24 hours ahead. In a food processor or blender, combine all soup ingredients. Blend until smooth, then strain and discard any pulp and foam created by blending. Cover and refrigerate 6-24 hours to integrate flavors.
- Garnish: Prepare before serving. Salad Garnish: In a mixing bowl, combine "Salad" garnish ingredients, gently mix and set aside.
- Yogurt Garnish: Warm Lavender Honey in small pot or microwave (only 5 seconds). In a mixing bowl, combine and whisk yogurt and warm Lavender Honey to a pourable consistency and set aside.

TO SERVE

Serve these wonderful tasty treats on a bed of lettuce with sauce in a fun small bowl at the side for easy dipping!

WINE PAIRINGS

2014 Pietro Family Cellars Sauvignon Blanc, Napa Valley
 Ripe citrus flavors of the wine pair beautifully with the cucumber soup and its "salad garnish"

SHOPPING LIST

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| 5 English cucumbers | 1 bunch fresh dill |
| 1 lime, fresh | 1 bunch fresh mint |
| 1 small container Greek yogurt, plain (need 6 oz.) | 1 bunch radishes, red or heirloom |
| 1 avocado, semisoft | 1 box 32 fl. oz. low sodium vegetable broth |
| 1 bunch green onions | |
| 1 bunch fresh chives | |



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