



WellBeingMD's Mindful Kitchen Summer Cucumber and Tomato Soup

Adapted from *Vegetables* by Antonio Carlucci



Two simple cooling summer soups tastefully merged for both taste and eye appeal.
Makes four servings Prep time: 15 or more minutes plus time to chill

Ingredients

- 2 large **organic cucumbers**, peeled and cut into chunks
- 2 tbs. finely chopped **fresh dill**
- 3 tbs. heavy **organic whipping cream**
- 2 large **beefsteak tomatoes**, stem removed, skinned* and chopped
- 10 fresh **basil leaves**, plus extra for garnish
- 1 **small white onion**, roughly chopped
- 2 tbs. **extra-virgin olive oil**, plus more for serving
- **Salt** and freshly **ground black pepper**

Directions

1. Put the cucumber, dill, and some salt and pepper into a blender and purée. Mix in the cream. Pour into a small pitcher and refrigerate until chilled.
2. To skin the tomatoes, place in boiling water for 30 seconds, then move to a bowl of ice water and allow to rest 5 minutes. The skin will slide off easily.
3. Clean the blender, and then blend the skinned tomatoes with the basil, onion, olive oil, and some salt and pepper to obtain a smooth mixture. Refrigerate until chilled.
4. To serve, pour a little of the cucumber soup into a deep soup plate and carefully pour the tomato soup into the center. Drizzle some extra-virgin olive oil over the top, and then decorate with a few basil leaves.



CUCUMBERS: Health Benefits The phytonutrients found in cucumbers provide us with **valuable antioxidant, anti-inflammatory, and anti-cancer benefits**. Cucumbers are an excellent source of **vitamin K, molybdenum and pantothenic acid**. They are also a good source of **copper, potassium, manganese, vitamin C, phosphorus, magnesium, biotin, and vitamin B1**. They also contain the important nail health-promoting mineral **silica**. Since cucumbers can be very sensitive to heat, you'll be on safer grounds if you choose those that are displayed in refrigerated cases in the market. They should be **firm, rounded at their edges, and their color should be a bright medium to dark green**. **Cucumbers should be stored in the refrigerator** where they will keep for several days.

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Home of "The Mindful Kitchen"

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