



Chilled Watermelon Soup



Recipe from Chef Laurent of Fleur de Sal

Ingredients



- 2 slices of white bread
- 1 ¼ cup of cold water
- 1 clove (1/2 t.) garlic
- 1 t. S&P mix
- 1/8 yellow onion chopped
- 1 t. smoked paprika
- 1 t. lemon juice
- 2 leaves of fresh mint
- 1 pound seedless watermelon (skin off and cut)

Yield: 4-6 servings
Serving Size: 1 cup



Directions

- Put all ingredients in a blender and turn on.
- Garnish with feta if you have it-ENJOY.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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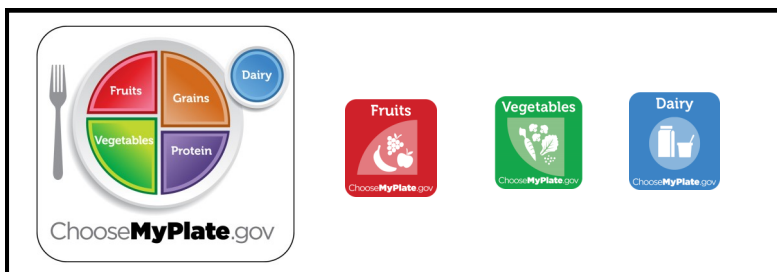
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Fast Facts



Featured Food Groups



Nutrition Facts



Nutrition Facts	
4 servings per container	
Serving size	1 cup (1g)
Amount Per Serving	
Calories	60
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0.1g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 360mg	16%
Total Carbohydrate 13g	5%
Dietary Fiber 1g	4%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 2g	4%
Not a significant source of vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Cooking Tips

- Garnish with feta, and watermelon chunks.
- Have extra water melon? Blend it and strain to make delicious and refreshing drink perfect for summer!

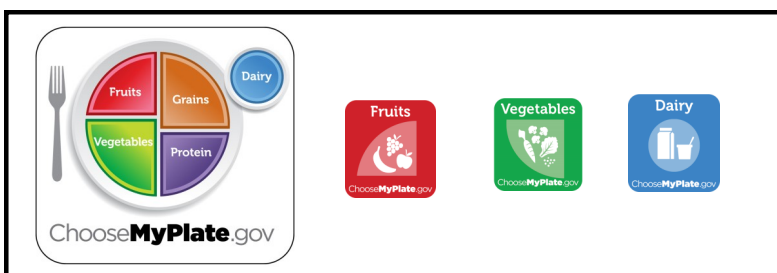
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