

Lettuce Soup with Radish Salsa

*Paulet - "A Beautiful Bowl of Soup: The Best Vegetarian Recipes"
Scripps Treasure Coast Newspapers*

Servings: 4

FOR SOUP

4 cups torn butterhead lettuce leaves
2 cups (2 ounces) stemmed baby spinach
1 cup fresh flat-leaf parsley sprigs
1/3 cup shallot, coarsely chopped
3/4 cup plain yogurt
2 tablespoons fresh lemon juice
2 cups vegetable stock
salt (to taste)
freshly ground pepper (to taste)

FOR SALSA

1 tablespoon extra-virgin olive oil
1 tablespoon red wine vinegar
1/2 teaspoon sugar
1/8 teaspoon dry mustard
dash salt
dash freshly ground pepper
1/4 cup red radish matchsticks
1/4 cup seeded-cucumber matchsticks

In a blender, puree the lettuce leaves, spinach, parsley, shallot, yogurt, lemon juice and vegetable stock until smooth. Season to taste.

Refrigerate in a covered container until chilled, at least three hours, before serving. Taste and adjust the seasoning before serving.

For the salsa: In a small bowl, whisk together the olive oil, vinegar, sugar, mustard, salt and pepper. Stir in the radish and cucumber strips. Cover and refrigerate.

Serve the soup in shallow bowls with a mound of salsa spooned atop each serving.

Per Serving (excluding unknown items): 153 Calories; 7g Fat (39.1% calories from fat); 5g Protein; 19g Carbohydrate; 2g Dietary Fiber; 7mg Cholesterol; 836mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Non-Fat Milk; 1 1/2 Fat; 0 Other Carbohydrates.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	153	Vitamin B6 (mg):	.1mg
% Calories from Fat:	39.1%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	48.3%	Thiamin B1 (mg):	.1mg

% Calories from Protein:	12.6%
Total Fat (g):	7g
Saturated Fat (g):	2g
Monounsaturated Fat (g):	3g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	7mg
Carbohydrate (g):	19g
Dietary Fiber (g):	2g
Protein (g):	5g
Sodium (mg):	836mg
Potassium (mg):	322mg
Calcium (mg):	78mg
Iron (mg):	1mg
Zinc (mg):	1mg
Vitamin C (mg):	7mg
Vitamin A (i.u.):	3806IU
Vitamin A (r.e.):	392 1/2RE

Riboflavin B2 (mg):	.1mg
Folacin (mcg):	19mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Deficient:	0.0%

Food Exchanges

Grain (Starch):	1
Lean Meat:	0
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	1 1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories	153	Calories from Fat: 60
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% Daily Values*

Total Fat	7g	10%
Saturated Fat	2g	9%
Cholesterol	7mg	2%
Sodium	836mg	35%
Total Carbohydrates	19g	6%
Dietary Fiber	2g	7%
Protein	5g	

Vitamin A	76%
Vitamin C	12%
Calcium	8%
Iron	7%

* Percent Daily Values are based on a 2000 calorie diet.