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PCFMA.ORG

CHILLED CANTALOUPE SOUP



Cool down with this lovely chilled soup - slightly sweet, slightly spicy, and very delicious.



02 HR 15 MINS



Serves 6



Featuring

[Resendiz Farms](#)
[J&J Ramos Farms](#)

INGREDIENTS

- 1 medium ripe cantaloupe, about 2.5 pounds
- Juice and zest of 3 limes
- 1 small cucumber, peeled, seeded
- 1/2 teaspoon finely grated ginger
- 1 tablespoon mint leaves, chopped
- 1 tablespoon Thai or Genovese basil, chopped
- 1 to 2 chile peppers (jalapeño, habanero, or other hot peppers), diced
- Salt, to taste
- Plain Greek yogurt, to serve

METHOD

Purée the melon, lime juice and zest, cucumber, and ginger in a blender. Add the chopped basil, mint, hot peppers. Stir, taste, and salt to taste.

Chill for at least two hours, letting the herbs and peppers flavor the soup. Pour into a bowl and serve with a dollop of Greek yogurt.