

Grilled Cantaloupe Soup with Green Grape, Melon Mint Salsa

INGREDIENTS

1/2 ripe cantaloupe
peeled, seeded and sliced into
1/2-inch half-moons

Basting Sauce:

2 Tbsp brown sugar
1 tsp fresh mint, chopped
zest and juice of 1 lemon

Salsa:

1/2 c green grapes, quartered
lengthwise
1/2 c remaining cantaloupe,
finely diced
2 Tbsp remaining fresh mint, chopped
1 Tbsp brown sugar

SERVES 2

PREPARATION (SOUP)

- 1 Heat grill to medium-high. Put melon slices on grill and baste tops with sugar, mint, and lemon mixture and cook for about 2 minutes, until melon is very lightly browned.
- 2 Turn melon, being careful not to break the slices, baste the other side and cook for 1-2 minutes. Carefully remove melon from the grill and bring any remaining basting liquid inside with you.
- 3 To make the soup, add melon and basting liquid to a blender and puree until smooth. Taste and add more fresh mint if you like. Depending on the sweetness of your melon, you may also add more brown sugar—just remember to let the brown sugar dissolve before adding it to the soup.
- 4 Chill in refrigerator for about 2 hours. Serve in chilled glasses with Greek yogurt** and green grape melon salsa (recipe below).

PREPARATION (SALSA)

- 1 Combine all ingredients and let them sit for 5-10 minutes for brown sugar to dissolve.

**Greek yogurt is thick and rich which means it can also be expensive. To make your own low fat Greek-style yogurt, just strain the liquid out of regular nonfat plain yogurt for about 8 hours. Wrap the yogurt in cheesecloth and sit it in a bowl fitted with a strainer overnight in your refrigerator. In the morning, discard the drained liquid and in the cheesecloth you'll be left with the most luxurious plain yogurt you've ever tasted!

Note: If you don't have a grill or decide it's just too darned hot to go outside, you can skip grilling the melon all together. The soup won't have quite the depth of flavor, but it will still be delicious. Just combine the cantaloupe with the basting ingredients, puree until smooth, and top with yogurt and salsa.



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