



**chilled zucchini soup
(low calorie and refreshing!)**

1 pound zucchini (if large, halved with seeds scooped out)
4 cloves freshly peeled garlic
1 quart vegetable or chicken broth
¼ cup fresh basil
splash of cayenne pepper

heat broth to a boil, then simmer
mince garlic into broth
using a grater or food processor to shred zucchini
add shredded zucchini to broth, simmer until soft, remove from heat
add basil, add pepper
puree mixture in blender or food processor, refrigerate, serve chilled

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