

## **Cold Zucchini Soup with Quinoa and Mushrooms** (“The Splendid Grain” Rebecca Wood)

*This thick bright-green pureed soup is low in fat, low in salt, high in carbohydrates, high in fiber-and high in flavor. Make the soup at least three hours before serving and chill it quickly for best flavor and color. It is also good hot.*

Serves 4

1 Tbsp extra virgin olive oil  
½ cup diced onion  
3 tsp minced garlic  
3 small zucchini, thinly sliced  
5 cups vegetable or chicken stock  
1 Tbsp minced fresh oregano  
1 Tbsp minced fresh parsley  
sea salt and freshly ground black pepper, to taste  
1 Tbsp ghee or unsalted butter  
1 medium shiitake mushroom, finely diced  
½ cup quinoa

Heat the olive oil in a 3-quart saucepan over medium heat until hot. Add the onion and 2 tsp of the garlic. Saute for about 2 minutes, or until the onion wilts. Add the zucchini and sauté for 3 minutes. Add 4 cups of the stock, the oregano, parsley, salt, and pepper and bring to a boil. Cover, lower the heat and simmer for 5 minutes, or until the zucchini is just tender. Remove from the heat and let cool for a few minutes. Put in a blender and process until smooth. Pour into a container, cover, and refrigerate for about 3 hours, or until well chilled.

Melt the ghee in a medium sauté pan. Add the mushroom and the remaining garlic. Saute for about 3 minutes, or until the mushroom pieces have wilted. Add salt, pepper, and the remaining and bring to a boil. Add the quinoa and stir to combine. Cover, reduce the heat, and simmer over low heat for 12 minutes, or until all the liquid is absorbed. Remove from the heat and let rest, covered for 5 minutes. Scrape into a container. Cover and refrigerate for about 3 hours, or until well chilled.

When ready to serve, divide the puree among 4 bowls. Top each serving with ¼ cup of the quinoa mixture. Leave it in a mound or swirl into the soup.

Variations: Substitute young beets, carrots, summer squash, or cucumbers for zucchini.

Add 1 cup chopped ripe avocado or 1 cup light cream to the zucchini before pureeing.

Substitute fresh dill, basil, lemongrass, cilantro, summer savory or sorrel for the oregano.