



Go Green with Avocados and Basil

Sparkling Chilled Avocado Soup

Add a little bubbly to buttery avocados; top with salmon flakes and herbs

1-1/4 cup Asti Sparkling Wine or sparkling water

2 small avocados, peeled, seeded, chopped (1 cup)

1/2 cup fresh basil leaves

1/2 Tablespoon apple cider vinegar

1/2 Tablespoon lemon juice

1/2 teaspoon salt or as desired

1/8 teaspoon ground black pepper

Swirl in and Garnish:

1/4 cup to 1/2 cup seared cooked salmon, flaked or as desired

Fresh minced dill; Fresh minced basil as desired

Garlic butter flavored croutons, coarse crushed as desired

In a blender, combine the first seven ingredients; process at high power until smooth. Remove to medium sized bowl; cover; chill in refrigerator for 30 minutes.

Meanwhile flake the seared salmon; mince the herbs, and coarse crush the croutons. Set aside.

Place soup in cups or bowls as desired; add flaked salmon bits, minced herbs, and add a sprinkle of crushed croutons to each cup or bowl.

Serve chilled: Yield: 2 bowls or 4 cups

Cook's Note: Make sure that you like the flavor of your sparkling wine as it is the main flavor ingredient in the recipe. For more servings, double the recipe. If you like meat, you might want to add a few bits of crisp bacon. This is a "cool" starter to serve on one of those hot sweltering summer days.

For the Recipe: This chilled soup is perfect for that special celebration supper. A touch of the bubbly effervescence adds a gourmet touch and accents the buttery flavor of the avocados. Garnish and serve it with your own favorite add-ins.