



U R What U Eat

The Cookbook

Featuring recipes as seen on the
blog "U R What U Eat"

By: Casey Smith

Before you eat:

This cookbook features healthy and delicious recipes from the blog “U R What U Eat” by me, Casey Smith. Some of these recipes are from my own family, passed down through the generations, but many were found online. Special thanks to:

Eatingwell.com
Foodandwine.com
Foodnetwork.com
Health.com
Myrecipes.com
Onceuponachef.com
Skinnytaste.com
Tasteofhome.com
Thepioneerwoman.com
Wholefoodsmarket.com

These recipes incorporate many different foods, with a special focus on avocados, salmon, and beans. These three foods are packed with vitamins, minerals, healthy fats, fiber, and protein, to keep you satisfied and energetic!

Go to <https://caseysmithsite.wordpress.com> for more information about the health benefits of these super-foods!

Bon Appétit!

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Avocado Shrimp Omelette

Ingredients:

- 1/4 ripe tomato, diced
- 1/4 ripe avocado, diced
- 1 tablespoon chopped fresh cilantro, (optional)
- 1/8 teaspoon sea salt
- Freshly ground black pepper
- 2 eggs
- 1 tablespoon butter
- 3 or 4 cooked shrimp, chopped roughly
- 1/3 cup grated cheese (medium cheddar or Monterey jack)

1. Toss tomato, avocado and cilantro together in a small bowl. Season to taste with salt and pepper. Set aside.
2. Beat eggs in a separate small bowl just until whites and yolks are combined, not long enough to become frothy.
3. Over medium-high heat, melt butter in a 6- or 8-inch skillet (preferably slope-sided and non-stick) until bubbling but not brown. Tilt skillet to spread butter evenly around and up sides.
4. Pour eggs into the hot skillet, tilting and shaking the pan gently with one hand while stirring eggs briskly with the flat of a fork.
5. Tilt pan and lift edges of omelet with a fork to allow runny egg to reach sides and cook. When eggs begin to firm up and there is almost no runny egg left, add shrimp and cheese, spreading them over the center third of the omelet. Immediately use the fork to fold each side of omelet up over center filling.
6. Tilt the pan to help roll omelet into a loose cylinder.
7. Cook 10 to 30 seconds longer, depending on how brown you prefer the bottom (check for brownness by lifting a corner).
8. Slide omelet onto a warmed plate, top with tomato-avocado mixture and serve.

Found on: <http://www.wholefoodsmarket.com/recipe/shrimp-and-avocado-omelet>

Baked Salmon

Ingredients:

- 1 salmon fillet (2 pounds)
- 2 tablespoons butter, softened
- 1/4 cup white wine *or* chicken broth
- 2 tablespoons lemon juice
- 1/2 teaspoon pepper
- 1/2 teaspoon dried tarragon

1. Pat salmon dry. Place in a greased 13-in. x 9-in. baking dish.
2. Brush with butter.
3. Combine remaining ingredients; pour over salmon.
4. Bake, uncovered, at 425° for 20-25 minutes or until fish flakes easily with a fork.

Found on: <http://www.tasteofhome.com/recipes/baked-salmon>

Bean Bolognese

Ingredients:

- 1 14-ounce can salad beans or other beans, rinsed, divided
 - 2 tablespoons extra-virgin olive oil
 - 1 small onion, chopped
 - 1/2 cup chopped carrot
 - 1/4 cup chopped celery
 - 1/2 teaspoon salt
 - 4 cloves garlic, chopped
 - 1 bay leaf
 - 1/2 cup white wine
 - 1 14-ounce can diced tomatoes
 - 1/4 cup chopped fresh parsley, divided
 - 8 ounces whole-wheat fettuccine
 - 1/2 cup freshly grated Parmesan cheese
1. Put a large pot of water on to boil. Mash ½ cup beans in a small bowl with a fork.
 2. Heat oil in a medium saucepan over medium heat. Add onion, carrot, celery and salt; cover and cook, stirring occasionally, until softened, about 10 minutes.
 3. Add garlic and bay leaf; cook, stirring, until fragrant, about 15 seconds.
 4. Add wine; increase heat to high and boil until most of the liquid evaporates, 3 to 4 minutes.
 5. Add tomatoes and their juices, 2 tablespoons parsley and the mashed beans. Bring to a lively simmer and cook, stirring occasionally, until thickened, about 6 minutes.
 6. Add the remaining whole beans; cook, stirring occasionally, until heated through, 1 to 2 minutes more.
 7. Meanwhile, cook pasta in the boiling water until just tender, about 9 minutes or according to package directions. Drain.
 8. Divide the pasta among 4 bowls. Discard the bay leaf and top the pasta with the sauce; sprinkle with Parmesan and the remaining parsley.

Found on:

http://www.eatingwell.com/recipes/bean_bolognese.html

Black Bean Burger

Ingredients:

- 2 cans (14.5 Each) Seasoned Black Beans
- 1 cup Seasoned Breadcrumbs
- 1/4 cup Grated White Onion
- 1 whole Egg
- 1/2 teaspoon Chili Powder
- Salt And Pepper
- Hot Sauce (I Used Choloula)
- 8 slices Swiss Cheese
- Olive Oil, For Frying
- Butter, For Frying And Grilling
- 4 whole Kaiser Rolls Or Good Hamburger Buns
- Mayonnaise
- Lettuce Or Other Greens
- Sliced Tomato

1. Drain, but do not rinse, the black beans. Place them in a bowl and use a fork to mash them. Keep mashing until they're mostly broken up, but still have some whole beans visible.
2. Add the breadcrumbs, onion, egg, chili powder, salt, pepper, and hot sauce. Stir until everything is combined, then let the mixture sit for 5 minutes.
3. Heat a tablespoon or two of olive oil with an equal amount of butter in a skillet over medium-low heat.
4. Form the bean mixture into patties slightly larger than the buns you're using. Place the patties in the skillet and cook them about 5 minutes on the first side. Flip them to the other side, place 2 slices of cheese onto each patty, and continue cooking them for another 5 minutes, or until the burgers are heated through. (Place a lid on the skillet to help the cheese melt if needed.)
5. Grill the buns on a griddle with a little butter until golden. Spread the buns with mayonnaise and hot sauce, then place the patties on the buns. Top with lettuce and tomato.

Found on: <http://thepioneerwoman.com/cooking/2014/09/black-bean-burger/>

Black Bean Salad

Ingredients:

- 2 15-ounce cans black beans, rinsed and drained
 - 3 ears fresh cooked corn, kernels cut off the cob
 - 2 red bell peppers, diced
 - 2 cloves garlic, minced
 - 2 tablespoons minced shallots, from one medium shallot
 - 2 teaspoons salt
 - 1/4 teaspoon cayenne pepper
 - 2 tablespoons sugar
 - 9 tablespoons extra virgin olive oil
 - 1 teaspoon lime zest (be sure to zest limes before juicing them)
 - 6 tablespoons fresh lime juice
 - 1/2 cup chopped fresh cilantro, plus more for garnish
 - 2 avocados, chopped
1. Combine all ingredients except for avocados in a large bowl and mix well.
 2. Cover and chill for a few hours or overnight.
 3. Right before serving, add avocados and mix gently, being careful not to mash avocados.
 4. Garnish with a more chopped cilantro if desired. Serve at room temperature.

Found on: <http://www.onceuponachef.com/2010/08/black-bean-salad-with-corn-red-peppers-avocado-lime-cilantro-vinaigrette.html>

Breakfast Burrito

Ingredients:

- 2 teaspoons canola oil
- 1/2 small red onion, diced (1 cup)
- 1 red bell pepper, seeded and diced
- 1 cup drained, rinsed canned black beans, preferably low-sodium
- 1/4 teaspoon chili flakes
- Salt and freshly ground black pepper
- 4 eggs and 4 egg whites
- 1/3 cup (about 1 1/2-ounce) shredded pepper Jack cheese
- Cooking spray
- 4 (10-inch) whole-wheat tortillas (burrito-size)
- 1/4 cup reduced-fat sour cream
- 1/4 cup salsa
- 1 large tomato, (4 ounces) seeded and diced
- 1 small avocado (4 ounces), cubed
- Hot sauce

1. Heat the canola oil in a large nonstick skillet over a medium-high heat. Cook the onions and peppers until onions are softened and peppers are slightly charred, about 8 minutes.
2. Add black beans and red pepper flakes and cook until warmed through, another 3 minutes. Season with salt and pepper and transfer to a dish.
3. Whisk together the eggs and egg whites then stir in the cheese.
4. Spray the skillet with cooking spray, and reheat the skillet over a medium heat.
5. Reduce heat to low and add eggs, scrambling until cooked through, about 3 minutes.
6. Spread each tortilla with 1 tablespoon each sour cream and salsa, then layer with 1/4 of the black bean mixture, 1/4 of the scrambled eggs, some diced tomato and 1/4 of the avocado.
7. Season, to taste, with hot sauce. Roll up burrito-style and serve.

Found On: <http://www.foodnetwork.com/recipes/ellie-krieger/breakfast-burrito-recipe.html>

Breakfast Smoothies

Combine ingredients in a blender and enjoy!

Avocado Melon Smoothie

- 1 ripe, fresh avocado
- 1 cup of honeydew melon chunks (about 1 slice)
- Juice from 1/2 lime (1 ½ tsp. lime juice)
- 1 cup of (8 oz) milk, fat-free
- 1 cup of fat-free yogurt, plain
- ½ cup apple juice or white grape juice
- 1 Tbsp. honey

Avocado Berry Smoothie

- 1 cup orange juice
- ½ avocado
- ¾ cup frozen blueberries
- ½ cup frozen raspberries
- 1 kiwi, peeled
- 1 banana
- ½ cup ice

Avocado Mango Smoothie

- ¼ ripe avocado, seeded, peeled and diced
- 1 Tbsp. minced ginger
- ½ cup frozen mango cubes
- ⅓ cup plain, nonfat yogurt
- 1 Tbsp. lemon juice
- Cayenne pepper, to taste
- 1 cup of water
- 1 cup of ice cubes

Avocado Green Apple Smoothie

- 1 avocado
- ½ a green apple, sliced
- Handful of spinach
- 1 banana
- 1½ cups of water
- ½ cup of sliced cherries
- 1 Tbsp. of chia seeds

Found on: <http://www.californiaavocado.com/blog/drink-avocados-4-breakfast-smoothie-recipes/>

Grilled Chicken Mango Salad

Ingredients:

- 2 tablespoons olive oil
- 2 tablespoons fresh lime juice
- 2 tablespoons mango chutney
- 1 tablespoon low-sodium soy sauce
- 3/4 teaspoon grated peeled fresh ginger
- 4 (4-ounce) skinless, boneless chicken-breast halves
- Cooking spray
- 8 cups mixed salad greens
- 1 cup diced peeled mango
- 3/4 cup diced peeled avocado

1. Prepare grill.
2. Combine oil, juice, chutney, soy sauce, and ginger in a small bowl.
3. Place chicken on large plate; spoon 2 tablespoons oil mixture over chicken, reserving the rest for the salad. Turn chicken to coat, and let stand 5 minutes.
4. Place chicken on grill rack coated with cooking spray; grill 4 minutes on each side or until chicken is done, brushing with oil mixture from plate before turning. Slice chicken crosswise into strips.
5. Arrange greens, mango, and avocado on 4 serving plates. Arrange chicken over greens. Drizzle reserved dressing over salads.

Found on:

<http://www.health.com/health/recipe/0,,1000001063325,00.htm>
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Guacamole

Ingredients:

- 3 medium avocados, halved
- 1 lime, juiced
- 1/3 cup red onion, minced
- 1 small clove garlic, mashed
- 1 Tbsp. chopped cilantro
- Kosher salt and fresh pepper, to taste

1. Place the pulp from the avocados in a medium bowl and slightly mash with a fork or a potato masher leaving some large chunks.
2. Add lime juice, salt, pepper, cilantro, red onion, garlic and mix thoroughly. (makes 2 cups)

**If you are serving this at a later time, a great tip to keep the guacamole from turning brown is by placing the pit in the bowl with the guacamole and cover.*

Found on:

<http://www.skinnytaste.com/2009/01/guacamole-4-pts.html>

Honey Soy Grilled Salmon

Ingredients:

- 1/4 cup packed cilantro leaves
- 2 scallions
- 2 teaspoons vegetable oil
- 1 teaspoon grated ginger
- Kosher salt and freshly ground pepper
- 4 center cut skin-on wild salmon fillets, about 6 ounces each
- 2 teaspoons fresh lime juice
- 2 teaspoons low-sodium soy sauce
- 2 teaspoons honey
- 1/4 teaspoon black sesame seeds
- 1 1/3 cups cooked edamame
- Lime wedges, optional garnish

1. Preheat the grill over medium-high direct heat. Oil the grill grates.
2. Finely chop the cilantro and scallion and mix in the oil and ginger. Season with salt and pepper.
3. Cut two 3-inch long slits through the skin lengthwise on the bottom of the salmon fillets, going about halfway into the salmon. Evenly stuff the slits with the herb mixture. Season the fish with salt and pepper.
4. Stir together the lime juice, soy and honey until smooth. Place the salmon, skin side up, on the grill and cook until well marked, 3 to 4 minutes. Turn the salmon and continue to cook, brushing the tops with the sauce, until the fish is cooked through, about another 3 to 4 minutes. Transfer to a serving plate and sprinkle the tops with the sesame seeds. Serve with edamame and lime wedges.
5. Broiler directions: Position an oven rack so that a baking sheet set on the rack is about 4-inches below the heat source. Preheat the broiler. Prepare the salmon as above and place the fillets, skin down, on a foil lined baking sheet coated with cooking spray. Broil, basting 3 to 4 times with the sauce, until just cooked through, about 6 to 7 minutes.

Found at:

<http://www.foodnetwork.com/recipes/food-network-kitchens/honey-soy-grilled-salmon-with-edamame-recipe.html>

Lomi-Lomi Salmon Salad

Ingredients:

For the Salmon

- 1 cup kosher salt
- 1/2 cup sugar
- 1/2 bunch fresh cilantro
- 1 pound wild salmon fillet (skin removed), rinsed and patted dry

For the Salad

- 1/4 cup chopped fresh cilantro
- 2 plum tomatoes, seeded and diced
- 4 scallions, thinly sliced
- 1 jalapeno or Serrano pepper, seeded and diced
- 1 tablespoon vegetable oil
- 2 teaspoons toasted sesame oil
- Juice of 1 lime
- Chopped macadamia nuts, for garnish (optional)

Cure the salmon:

1. Mix the salt and sugar in a bowl. Place 2 long pieces of plastic wrap on a work surface, overlapping them to form a cross.
2. Put half of the cilantro sprigs in the middle of the plastic wrap and top with half of the salt-sugar mixture.
3. Press the salmon into the mixture, making sure the bottom of the fish is covered with salt and sugar. Sprinkle the salmon with the remaining salt-sugar mixture and rub it in, then place the rest of the cilantro on top.
4. Wrap tightly in the plastic and refrigerate for 24 hours.
5. The next day, unwrap the salmon, rinse off the salt and pat dry. Cut into 1/4-to-1/2-inch cubes.

Make the salad:

1. Toss the salmon, cilantro, tomatoes, scallions, jalapeno, vegetable and sesame oils and lime juice in a bowl. (Traditionally, the cured salmon is flaked and "massaged" with the other ingredients by hand.)
2. Garnish the salad with chopped macadamia nuts, if desired.

Found at:

<http://www.foodnetwork.com/recipes/food-network-kitchens/lomi-lomi-salmon-recipe.html>

Salmon Fish Tacos

Ingredients:

- 1 lb. salmon, skinned and cut into one inch cubes
- 1 tablespoon cumin
- 1 teaspoon chili powder
- 2 tablespoons olive oil
- 1 medium yellow onion, chopped
- 2 limes, quartered
- 2 (8 ounce) cans diced tomatoes with green chilies, drained (like Rotel)
- 1/2 bunch fresh cilantro, chopped
- 1 bunch green onion, chopped

1. Toss cubed salmon in cumin and chili powder. Set aside.
2. Heat large skillet over medium and cook yellow onion 2 minutes, until it begins to soften.
3. Turn heat up to medium high. Add salmon to skillet. Lightly sear salmon cubes for about 2-3 minutes, turning gently (don't break the salmon into pieces!).
**IMPORTANT: Do not over cook the salmon. This juicy recipe will keep steaming the salmon. The salmon should still be firm in the middle of the cube when you proceed to the next step.*
4. Return heat setting to medium. Add canned tomatoes and chilies, cilantro and green onions. Gently incorporate and heat through.
5. Squeeze quartered limes over the salmon mixture. Give it a quick stir, and plate up the salmon (I usually drain a little liquid off at this point).
6. Serve with warm flour tortillas, quality salsa, sour cream, sliced avocado, and crisp romaine lettuce.

Found at:

<http://www.food.com/recipe/amazing-salmon-tacos-133959>

Southwestern Salad

Ingredients:

- 2 small heads romaine lettuce, torn into bite-size pieces (about 12 cups)
- 1 (15-ounce) can pinto beans, drained and rinsed
- 1 1/2 cups fresh corn kernels (about 3 ears)
- 1 avocado, chopped
- 1/2 red onion, thinly sliced
- 1/2 cup fresh cilantro sprigs
- 2 tablespoons extra-virgin olive oil
- 3 tablespoons fresh lime juice
- 1/2 teaspoon ground cumin
- 3/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 (9-ounce) bag baked tortilla chips (optional)

1. Combine lettuce, pinto beans, corn, avocado, red onion, and cilantro in a large bowl.
2. Whisk together oil, lime juice, ground cumin, salt, and pepper in a small bowl.
3. Drizzle over salad; toss. Serve with chips, if desired.

Found at:

<http://www.health.com/health/recipe/0,,10000001906414,00.htm>

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Spinach and Smoked Salmon Salad

Ingredients:

- 3 tablespoons extra-virgin olive oil
- 2 tablespoons fresh lemon juice
- 2 tablespoon chopped dill
- Kosher salt and freshly ground pepper
- 8 cups baby spinach (7 ounces)
- 6 ounces thinly sliced smoked salmon, cut crosswise into 1/2-inch ribbons
- 1 medium English cucumber—peeled, halved lengthwise, seeded and thinly sliced
- 4 radishes, halved and thinly sliced
- 2 scallions, thinly sliced

1. In a large bowl, whisk the olive oil with the lemon juice and dill and season with salt and pepper.
2. Add the spinach, smoked salmon, cucumber, radishes and scallions to the bowl and toss well.
3. Transfer the salad to plates and serve.

Found at:

<http://www.foodandwine.com/recipes/march-2008-spinach-and-smoked-salmon-salad-with-lemon-dill-dressing>

Teriyaki Grilled Salmon

Ingredients:

- Low-sodium teriyaki sauce
- 2 (6-ounce) salmon fillets
- Sesame seeds
- 2 small zucchini, thinly sliced
- 4 scallions, chopped
- Canola oil

1. Combine 5 tablespoons teriyaki sauce and fish in a zip-top plastic bag.
2. Seal and marinate 20 minutes. Toast sesame seeds in a large nonstick skillet over medium heat, and set aside.
3. Drain fish, discarding marinade.
4. Add fish to skillet, and cook 5 minutes.
5. Turn and cook for 5 more minutes over medium-low heat.
6. Remove from skillet, and keep warm.
7. Add the zucchini, scallions, and 2 teaspoons oil to skillet.
8. Sauté 4 minutes, or until lightly browned.
9. Stir in 2 tablespoons teriyaki sauce.
10. Sprinkle with sesame seeds, and serve with salmon.

Found at:

<http://www.health.com/health/recipe/0,,1000000523893,00.htm>

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Three Bean Salad

Original Family Recipe 😊

Ingredients:

- 1 can kidney beans
- 2 cans green beans
- 1 can yellow beans
- 1/2 can of chick peas
- Small jar of pimento
- 1/2 cup minced green pepper
- 1/2 cup mixed onion
- 1/2 cup salad oil
- 1/2 cup wine vinegar
- 3/4 cup sugar
- 1 tsp. salt
- 1/2 tsp. pepper

1. Mix all ingredients in a large bowl and let marinate for at least 24 hours before serving. Keeps for up to a week!

Tortilla Soup

Ingredients:

- 2 tablespoons vegetable oil
- 1 small onion, diced
- 2 tablespoons minced garlic
- 2 jalapenos, finely diced
- 6 cups low-sodium chicken broth
- 1 (14.5-ounce) can fire roasted diced tomatoes
- 1 (14.5-ounce) can black beans, rinsed and drained
- 3 chicken breasts, boneless and skinless
- 2 limes, juiced, plus wedges for garnish
- Salt and freshly ground black pepper
- 1 cup roughly chopped fresh cilantro leaves
- 1 (8-inch) flour tortilla, grilled, cut into thin strips
- 1 avocado, pitted, sliced
- 1 cup shredded Monterrey cheese

1. In a large saucepan heat the vegetable oil.
2. Add the onions and cook for 2 minutes.
3. Once the onions have softened add the garlic and jalapeños and cook for another minute.
4. Pour the chicken broth, tomatoes and beans into the pot and bring to a boil.
5. Once at a boil lower heat to simmer and add your chicken breasts.
6. Cook the chicken for 20 to 25 minutes.
7. Once chicken is cooked remove from pot. When cool enough to handle shred it and set it aside.
8. Add lime juice and fresh cilantro to the pot.
9. In a serving bowl add a mound of shredded chicken.
10. Ladle soup over chicken and top with a lime wedge, grilled tortilla strips, avocado slices and cheese.

Found at:

<http://www.foodnetwork.com/recipes/chicken-tortilla-soup-recipe.html>

Zesty Wheat Berry-Black Bean Chili

Ingredients:

- 2 tablespoons extra-virgin olive oil
- 1 large yellow onion, chopped
- 1 large yellow bell pepper, chopped
- 5 cloves garlic, minced
- 2 teaspoons chili powder
- 1 1/2 teaspoons ground cumin
- 1 teaspoon dried oregano
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground pepper
- 2 15-ounce cans black beans, rinsed
- 2 14-ounce cans no-salt-added diced tomatoes, undrained
- 1-2 canned chipotle peppers in adobo sauce, minced (see Tip)
- 2 cups vegetable broth
- 2 teaspoons light brown sugar
- 2 cups Cooked Wheat Berries, (recipe follows)
- Juice of 1 lime
- 1 avocado, diced
- 1/2 cup chopped fresh cilantro

1. Heat oil in a Dutch oven over medium-high heat.
2. Add onion, bell pepper, garlic, chili powder, cumin, oregano, salt and pepper, and cook, stirring occasionally, until tender, about 5 minutes.
3. Add beans, tomatoes, chipotle to taste, broth and brown sugar. Bring to a boil over high heat, reduce heat, cover, and simmer for 25 minutes.
4. Stir in cooked wheat berries and heat through, about 5 minutes more. (If using frozen wheat berries, cook until thoroughly heated.)
5. Remove from the heat. Stir in lime juice. Garnish each bowl with avocado and cilantro.

Found on:

http://www.eatingwell.com/recipes/zesty_wheat_berry_black_bean_chili.html

Zucchini Avocado Soup

Ingredients:

- 3 cups chopped zucchini (about 2 medium)
 - 1/2 cup thinly sliced green onions, divided
 - 1 (14-ounce) can vegetable broth
 - 1 1/4 cups diced seeded peeled cucumber (about 1 large)
 - 1 tablespoon chopped fresh cilantro
 - 3 tablespoons fresh lime juice, divided
 - 1/2 teaspoon salt, divided
 - 3/4 cup diced peeled avocado (1 medium)
 - 3/4 cup low-fat buttermilk
 - 1/4 teaspoon ground cumin
1. Combine zucchini, 1/4 cup green onions, and broth in a large saucepan; bring to a boil.
 2. Cover, reduce heat, and simmer 5 to 7 minutes or until zucchini is tender.
 3. Remove from heat; cool 30 minutes.
 4. While zucchini mixture cools, combine remaining 1/4 cup green onions, cucumber, cilantro, 1 tablespoon lime juice, and 1/4 teaspoon salt in a small bowl; toss well. Cover and chill.
 5. Place remaining 2 tablespoons lime juice, remaining 1/4 teaspoon salt, zucchini mixture, avocado, buttermilk, and cumin in a blender, and process until mixture is smooth.
 6. Cover and chill at least 2 hours. Pour soup into bowls, and top with cucumber salsa. Serve chilled.

Found on: <http://www.myrecipes.com/recipe/zucchini-avocado-soup-with-cucumber-salsa>

