

Chilled Cucumber Soup

Servings: 7

Preparation Time: 15 minutes

1 pound cucumbers, peeled, seeded and sliced

1/2 teaspoon salt

1 1/2 cups fat-free plain yogurt

1 green onion, coarsely chopped

1 clove garlic, minced

4 1/2 teaspoons fresh dill, snipped

additional green onion and dill for garnish

Place the cucumbers in a colander over a plate. Sprinkle with salt and toss. Let stand for 30 minutes. Discard any liquid.

Rinse and drain the cucumbers well; pat dry.

Place the cucumbers, yogurt, onion and garlic in a food processor. Cover and process until smooth.

Stir in the dill.

Serve immediately in chilled bowls.

Garnish with additional onions and dill.

Per Serving (excluding unknown items): 37 Calories; trace Fat (4.1% calories from fat); 3g Protein; 6g Carbohydrate; 1g Dietary Fiber; 1mg Cholesterol; 191mg Sodium. Exchanges: 1/2 Vegetable; 1/2 Non-Fat Milk; 0 Fat.