

Cold Cucumber and Spinach Soup

Marion Brittain

Silverdale Chamber Of Commerce Favorite Recipes - 1991

Servings: 8

*1 bunch green onions,
sliced
2 tablespoons margarine
4 cups diced cucumbers
3 cups chicken broth
1 cup chopped fresh
spinach
1/2 cup sliced peeled
potatoes
1/2 teaspoon salt
1 tablespoon lemon juice
pepper (to taste)
1 cup milk
radishes (for garnish)
green onions (for garnish)*

In a saucepan, sautee' the green onions in margarine until they are softened. Add the cucumbers, chicken broth, spinach, potatoes, salt, lemon juice and pepper. Simmer, uncovered, until the potatoes are tender.

Transfer the mixture to a blender in batches and puree'. Transfer the puree' to a bowl and stir in the milk.

Let the soup cool and chill for several hours or overnight.

Garnish each serving with thin slices of radishes and/or green onions.

Per Serving (excluding unknown items): 60 Calories; 4g Fat (65.4% calories from fat); 3g Protein; 2g Carbohydrate; trace Dietary Fiber; 4mg Cholesterol; 471mg Sodium. Exchanges: 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Non-Fat Milk; 1/2 Fat.