



Cold & Creamy Cucumber and Dill Soup

INGREDIENTS

2 large English cucumbers, seeded and coarsely chopped	1 cup plain Greek yogurt
3 TBSP fresh lemon juice	1 small shallot, chopped
½ red onion, finely chopped	1 garlic clove
¼ cup loosely packed flat-leaf parsley leaves	1/3 cup loosely packed dill
¼ cup olive oil	Salt and white pepper to taste

DIRECTIONS

In a blender, combine the chopped cucumber with the yogurt, lemon juice, shallot, onion, garlic, dill, parsley, and the ¼ cup of olive oil. Blend until smooth. Season with salt and white pepper, cover, and refrigerate for at least 8 hours or overnight. Garnish with a few slices of cucumber, some dill, and a couple of thinly sliced red peppers for color.

Makes approximately 3 servings; 100 calories each.