

## **Cool As A Cucumber Soup**

Deirdre Dee Cox

Taste of Home So Summer - June/July 2011

**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 snipped fresh dill**

**chopped green onion (for garnish)**

**snipped fresh dill (for garnish)**

Place the cucumbers in a colander over a plate.

Sprinkle with salt and toss. Let stand for 30 minutes.

Discard liquid if there is any.

Rinse and drain 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 onion and dill.

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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.