



Creamy Cucumber Soup

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This wonderfully textured soup is good warm or cold. (yields: 4 servings)

Ingredients:

- 1 Tbsp. extra virgin olive oil
- 2 cloves garlic, minced
- 1 small onion, diced
- 1 Tbsp. lemon juice
- 4 c. peeled, seeded and thinly sliced cucumbers, divided
- 1-1/2 c. vegetable broth, or reduced-sodium chicken broth
- 1/2 tsp. salt
- 1/4 tsp. freshly ground pepper
- Pinch of cayenne pepper
- 1 avocado, diced
- 1/4 c. chopped fresh parsley, plus more for garnish
- 1/2 c. low-fat plain yogurt

1. Heat oil in a large saucepan over medium-high heat. Add garlic and onion. Cook, stirring occasionally, until tender, 1 - 4 minutes. Add lemon juice and cook for 1 minute. Add 3-3/4 cups cucumber slices, broth, salt, pepper, and cayenne. Bring to a simmer. Reduce heat and cook at a gentle simmer until the cucumbers are soft, 6 - 8 minutes.
2. Transfer the soup to a blender. Add avocado and parsley. Blend on low speed until smooth. (Use caution when pureeing hot liquids.) Pour into a serving bowl and stir in yogurt. Chop the remaining 1/4 cup cucumber slices. Serve the soup warm or refrigerate and serve it chilled. Just before serving, garnish with the chopped cucumber and more chopped parsley, if desired.

Recipe from: EatingWell.com



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