



Supported by the City of Minneapolis through funding from the Statewide Health Improvement Program, Minnesota Department of Health

EVERYBODY NEEDS HEALTHY FOOD

Creamy Cucumber Soup Recipe

Servings: 4

INGREDIENTS

- 1 TBSP extra-virgin olive oil
- 2 cloves garlic, minced
- 1 small onion, diced
- 1 TBSP lemon juice
- 4 caps peeled, seeded, and thinly sliced cucumbers
- 1 1/12 cup vegetable or chicken broth
- 1/2 TSP salt
- 1/4 TSP pepper
- 1 Avocado diced
- 1/2 cup low fat plain yogurt

Heat oil in a large saucepan over medium high heat. Add garlic and onion; cook, stirring occasionally, until tender, 1 - 4 min. Add lemon juice and cook for 1 min.

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 min.

Transfer the soup to a blender. Add avocado and parsley; blend on low speed until smooth. 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, if desired..

Cucumbers



A Healthy Food!
Here are some of the nutrients in cucumbers and what they do to keep you healthy:

- Vitamin K**
Promotes bone health
- Potassium**
Lowers blood pressure
- Antioxidants**
Prevent aging and disease



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