

CHILLED CUCUMBER MINT SOUP

SOURCE: BEST OF MARTHA STEWART LIVING: WHAT TO HAVE FOR DINNER

Prep Time: 10-15 minutes

INGREDIENTS:

4 cucumbers, peeled/seeded
1 small OR 1/2 large clove garlic
1 C plain yogurt (low-fat, if desired)
2 TBS fresh lemon juice (+ more, to taste)
1/4 C water
4 scallions, white & green parts, cut into 1" pieces
3/4 C fresh mint leaves, loosely packed
Salt & freshly ground pepper, to taste

DIRECTIONS:

Cut 1 cucumber into small dice - set aside for garnish. Cut other 3 into large chunks & combine with garlic, yogurt, lemon juice & water in blender - purée till smooth.

Add scallions & mint leaves, reserving some mint for garnish - purée briefly. Season with salt & pepper - add more lemon juice if a tarter flavor is desired.

Chill till ready to serve. Stir well before serving & ladle into bowls or mugs (which may be chilled, if desired), garnishing each with a big spoonful of diced cucumber + sprig of mint OR dusting of mint leaves.

Serves: 4