

Chilled Cucumber-Mint Soup

From –B. J. Hanson

1 cucumber, halved, peeled and seeded
¼ cup chopped scallions
¼ cup chopped fresh mint
2 cups low-fat milk
1 cup plain low-fat yogurt
salt & pepper to taste

- Puree the cucumber, scallions, and mint in a food processor or blender.
- Add the milk and yogurt and process until smooth.
- Transfer to a large bowl and stir in the yogurt.
- Season with salt and pepper.
- Cover and chill for 1 to 2 hours before serving.



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