

# Cucumber Yogurt Soup

*Serves 4:*

## Ingredients

1 32 ounce container plain nonfat yogurt,  
or 1 17 ounce container nonfat Greek yogurt  
2 English cucumbers  
1 large garlic clove  
kosher salt and freshly ground black pepper  
2 lemons, juiced  
water  
2 tablespoons dill, finely minced  
2 tablespoons mint, finely minced

## Preparation

In order to thicken yogurt, place in a cheesecloth lined strainer over a bowl. Cover and place in refrigerator overnight.  
For a thicker base, you could also use Greek yogurt instead.

Peel two English or hothouse cucumbers and quarter them.  
Use a knife to cut a wedge in the center and remove the seeds from each cuke.  
Roughly chop 1 1/2 of cukes; dice the remaining half cucumber and reserve.  
Add the roughly chopped cucumbers to a blender.

Finely mince a large garlic clove.  
Sprinkle a teaspoon of kosher salt over garlic and, using side of your knife blade, mash to make a paste.  
Add garlic paste to the blender.

Add drained or Greek yogurt to cucumbers and squeeze juice of 2 lemons on top.  
Sprinkle in kosher salt and freshly ground black pepper.  
Blend all ingredients until pureéd and thick.  
Add about 1/2 cup water to thin soup consistency.  
Taste for seasoning; add more lemon juice and salt and pepper if needed.

Finely mince fresh dill and mint leaves; stir herbs and reserved diced cucumber into soup.  
Refrigerate for at least an hour before serving to allow flavors to develop.