



Cool Herbed Cucumber Soup

Ingredients:

- Cooking spray
- 1 cup onion, chopped
- 6 medium cucumbers, peeled seeded, chopped
- 3 Tbsp flour
- 4 cups low sodium vegetable stock
- 1 tsp dried mint
- 1/2 cup fat free half and half
- 1 tsp paprika (garnish)
- 6 cucumber slices, thinly sliced (garnish)

Directions:

Spray large saucepan with cooking spray; heat over medium heat and sauté onion until hot and translucent, adding cucumbers and flour cooking 5-7 minutes.

Add stock and mint to saucepan, bring to boil. Reduce heat to simmer, covered 10 minutes. Cool 10 minutes and process soup in food processor blender until smooth; stir in half and half. Refrigerate until chilled 4 hours.

Pour soup into bowls; sprinkle with paprika and top with cucumber slice.

Nutrition information per serving:

Calories 90, Calories from Fat 5, Total Fat 0g, Saturated Fat 0g, Cholesterol 0mg, Sodium 480mg, Total Carbohydrate 19g, Dietary Fiber 3g, Sugars 6g, Protein 3g



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