

COLD YOGURT & CUCUMBER SOUP

INGREDIENTS

- 1 medium-sized cucumber (about 1/2 lb.)
- 2 c. yogurt
- 2 tsp. white vinegar
- 1 tsp. olive oil
- 1 tsp. salt
- 2 tsp. finely cut fresh mint
- 1 tsp. finely cut fresh dill
- 1 clove garlic, crushed



DIRECTIONS

- With a small, sharp knife, peel cucumber and slice it lengthwise into halves.
- Scoop out the seeds by running the tip of a teaspoon down the center of each half. Discard the seeds and grate the cucumber coarsely. There should be about 1 cup.
- In a deep bowl, stir the yogurt with a whisk or large spoon until it is completely smooth.
- Gently but thoroughly beat in the grated cucumber, vinegar, olive oil, mint, dill, garlic and salt. Do not overbeat.
- Taste for seasoning, adding more salt if necessary.
- Refrigerate the soup for at least two hours, or until it is thoroughly chilled. Serve 2 to 4

CURRY BUTTERNUT SQUASH SOUP

INGREDIENTS

- 1 butternut squash
- 1 onion
- 1 tsp. butter or oil
- 2 c. chicken broth
- 4 c. water
- 1 tsp. curry powder
- Salt and pepper
- 1 tsp crushed garlic (*optional*)
- Toasted pinenuts, toasted coconut, cilantro (*optional*)



DIRECTIONS

- Peel butternut squash and onion
- Cut squash and onion into chunks.
- In water, boil butternut squash and onion about 25 minutes.
- Put through blender and puree.
- Put back on stove and add rest of ingredients. Simmer until heated through.
- Serve with toasted pinenuts and toasted coconut sprinkled on top, and / or cilantro