

Shopping List

Produce

3 Middle Eastern/Mediterranean

Cucumbers

1 Lemon

Bunch of mint

Bunch of dill

garlic

Bulk

Olive Oil

Raisins (optional)

Dairy

Plain Greek Yogurt

Sour Cream



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Check out our food blog
"Sassy Sampler" at
[www.communityfoodcoop.
wordpress.com](http://www.communityfoodcoop.wordpress.com)

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Est. 1970—Celebrating 40 years!

Chilled Cucumber
Yogurt Soup



Source: adapted from all-
recipes.com

Chilled Cucumber Yogurt Soup

INGREDIENTS

- 1 1/2 c Greek yogurt
- 1/2 c sour cream
- 1 t olive oil
- 3 large Middle Eastern/Mediterranean cucumbers, peeled and grated
- 1 T fresh lemon juice
- 1/2 bunch mint leaves, chopped (about 1 c)
- 1/2 bunch fresh dill, chopped (about 1/2c)
- 2 cloves garlic, crushed and blanched (can also be used raw)
- 1/2 t salt (optional)
- 1/4 c raisins (optional)

INSTRUCTIONS

1. Combine yogurt and sour cream in blender or food processor (fit with blade attachment)
2. Add olive oil and blend.
3. Add cucumber to blender/processor and combine until smooth.
4. Add lemon juice and pulse to combine.
5. Add mint and dill, combine until smooth.
6. Add blanched garlic and combine until smooth.
7. Add salt if using.
8. Refrigerate soup after final blend, or serve immediately.
9. Serve garnished with about 1 T of raisins (if using), or leftover herbs.

To blanch garlic—

Heat a couple cups of water in a small sauce pan until boiling. Add crushed garlic cloves and allow to cook for about 45 seconds. Remove garlic from water and let cool on cutting board. This will mellow the heat of the garlic, and is not a necessary step if you are a raw garlic fan!



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Serves Four—Makes about 4 1/2 cups