

## Chilled cucumber soup

1 large cucumber, peeled and coarsely chopped  
3/4 reduced fat sour cream  
1/4 cup fresh dill, packed  
1/2 tsp salt (optional)  
1/8 tsp ground white pepper (optional)  
1 1/2 cups fat free reduced sodium chicken or vegetable broth  
4 fresh dill sprigs garnish

Place cucumber in food processor and process until minced.

Add sour cream, 1/4 cup fresh dill, salt and pepper to processor and process until smooth. Transfer into large bowl. Stir in broth, cover and chill at least 2 hours or up to 24 hours.

Ladle into shallow bowls and garnish with dill sprigs.

Four 3/4 cups servings  
Calories - 67  
Calories from fat - 54%  
Total fat - 4 grams  
Saturated fat - 2 grams  
Fiber - 1 gram  
Protein - 3 grams