

## Chilled Cucumber Dill Soup

Serves: 4

### Ingredients

- 3 large cucumbers (about 5 ½ c chopped)
- 1 c plain nonfat yogurt
- 1/3 c fat-free sour cream
- 2 scallions (white and light green parts only), thinly sliced
- 1 clove garlic, minced
- 2 T fresh lemon juice
- 2 T minced fresh dill
- Salt and pepper to taste
- 2 cups chicken broth

### Directions

- Peel cucumbers, cut in half lengthwise and scoop out seeds. Using paper towels blot cucumbers dry, chop coarsely.
- In a blender or food processor, combine cucumber, yogurt, sour cream, scallions, garlic, lemon juice, broth, and dill.
- Blend on high speed until smooth. Add salt and pepper to taste.
- Chill soup at least 6 hours or overnight.
- Serve topped with chopped cucumber, fresh dill or mint, a dollop of sour cream or yogurt, diced avocado, snipped chives, or green onion.



**Nutritional Facts:** Servings: 4, Amount/Serving: Calories 129, Total Fat 5g, Sat. Fat 3g Cholesterol 22mg, Sodium 232mg, Total carbohydrates 11g, Fiber 2g, Protein 7g

## Chili Bean Dip

Makes 2 ½ cups

### Ingredients

- 2 cups cooked kidney beans or pinto beans
- 1/2 teaspoon cumin
- 1 tablespoon vinegar
- 1/2 small onion, grated raw vegetable sticks
- 1 teaspoon chili powder

### Directions

1. Prepare beans ahead of time by sorting, rinsing and soaking by the overnight method or the quick method.
2. Add fresh water and simmer beans 2 hours or until tender. Reserve 2 cups cooked beans for this recipe.
3. Place drained beans, vinegar, chili powder and cumin in a bowl. Blend or mash until smooth.
4. Stir in onion.
5. Serve cold with raw vegetables, such as celery and carrots, or with crackers.

**Note:** This can be served hot, too. To do this, heat the dip in a skillet and add 1 cup grated cheese. Stir until cheese melts. Serve with corn chips or potato skins.

**Source:** University of Alaska Extension