

A top-down view of a white ceramic bowl filled with a light green, creamy chilled cucumber soup. The soup is garnished with fresh green herbs, including dill and parsley, and several small, golden-yellow drizzles of olive oil. The bowl sits on a dark, weathered wooden surface. To the right of the bowl, a silver spoon with an ornate handle is partially visible. A white rectangular text box is overlaid on the center of the bowl.

chilled cucumber soup with farm fresh herbs

2 large slicing cucumbers, finely chopped
1 1/2 cups plain greek yogurt
3 1/2 TBS fresh lemon juice
3 garlic cloves, minced
1/4 cup dill, stems removed and diced
1/4 cup parsley, thick stems removed and diced
1/4 cup olive oil
pinch of crushed red pepper flakes
salt and pepper to taste
a small handful of ice cubes

Preparation

In a blender combine cucumber, yogurt, lemon juice, garlic, dill, parsley, ice cubes and olive oil. Blend until smooth.
Keep soup chilled until ready to serve. If you use ice cubes it should be ready to eat right away.

Season to taste with salt, pepper, and crushed red pepper flakes.