

A top-down view of a white ceramic bowl filled with a light green, creamy soup. The soup is garnished with fresh green herbs, including flat-leaf parsley and dill, and several small, golden-yellow droplets of olive oil. The bowl sits on a dark, weathered wooden surface. To the right of the bowl, a portion of a silver spoon with an ornate handle is visible. A white rectangular text box is centered over the middle 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.