

Chilled Cucumber and Yogurt Soup with Fresh Herbs

1/2 small onion, chopped

1 clove garlic, finely chopped

2 Tb. vegetable oil

2 English cucumbers, peeled and sliced

500 ml Shepherd Gourmet Dairy Yogurt

1/4 cup picked fresh herbs, such as tarragon, basil, chives or parsley

salt and pepper

Sweat the onion and garlic in the vegetable oil, until translucent and soft, seasoning with salt and pepper while cooking.

Cool to room temperature

In a blender, purée the onion mixture with the cucumbers and herbs until smooth.

Add salt, pepper, and the yogurt and blend just until smooth. Do not over blend at this point.

Adjust seasoning with salt and pepper and chill until serving.

Serves four.