



## Mango Cucumber Soup

Preparation time: 30 minutes, plus 2-3 hours to chill soup

Serves: 4

### Ingredients:

- 2 ripe mangoes, divided
- 1 English cucumber, divided
- 2 tbsp chopped onion
- 1 jalapeño pepper, finely diced (optional)
- Juice from one fresh lime
- ½ cup water
- 2 6-oz containers plain, non-fat Greek yogurt
- ¼ cup fresh chopped cilantro



### Directions:

1. Cut all but one half of mango into chunks, removing peel and pit; chill remaining mango half for use with garnish.
2. Slice off ¼ of the cucumber and chill for use with garnish. Coarsely chop remaining ¾ of the cucumber.
3. Place chopped mango, cucumber, onion, and pepper (optional) in blender or food processor with lime juice and water. Purée until smooth.
4. Blend in yogurt. Chill until ready to serve.
5. About 15-30 minutes before serving, prepare garnish. Dice chilled mango half, removing peel and pit; dice remaining cucumber. Mix mango and cucumber dices with cilantro. To serve, top bowls of soup with garnish.

**Nutrition Facts:** Calories, 170; Calories from fat, 0; Total fat, 0.5g; Saturated fat, 0g; Trans fat 0g; Cholesterol, 0mg; Sodium, 45mg; Total Carbohydrate, 33g; Fiber, 3g; Protein, 11g; Vit. A, 40%; Vit. C, 120%; Calcium, 15%; Iron, 2%.

Source: [www.choosemyplate.gov](http://www.choosemyplate.gov)



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