



Chilled cucumber, avocado, and yogurt soup

Christine Datan, LAS VEGAS

SERVES 4 | 20 MINUTES

- 4 cups plain low-fat yogurt
- 2 tbsp. minced garlic
- ½ tsp. salt
- ¼ tsp. each ground white pepper and ground cumin
- 1 English cucumber, peeled and chopped
- 1 avocado, cut into ½-in. dice
- ¼ cup each chopped fresh mint leaves and fresh dill
- 4 tsp. extra-virgin olive oil

Whisk together yogurt, garlic, salt, spices, and 2 cups cold water in a large bowl. Add cucumber, avocado, mint, and dill, stirring gently to combine. Drizzle each serving with 1 tsp. oil.

PER 2-CUP SERVING 309 CAL., 48% (149 CAL.) FROM FAT; 15 G PROTEIN; 17 G FAT (4.2 G SAT.); 25 G CARBO (4.3 G FIBER); 469 MG SODIUM; 15 MG CHOL.



Cherry tomato and asparagus salad

Barb Mansinne, ROHNERT PARK, CA

SERVES 4 TO 6 | 30 MINUTES

- 1 lb. asparagus, trimmed and halved
- 6 cups halved cherry, grape, and pear tomatoes in varied colors
- ½ cup crumbled gorgonzola cheese
- 1 ripe avocado, cut into cubes
- 1 cup sliced basil leaves
- ¼ cup extra-virgin olive oil
- 2 tsp. lemon juice
- 2 tsp. Dijon mustard
- ½ tsp. each kosher salt and pepper

1. Boil asparagus in a large pot of salted water for 2 minutes. Drain and rinse with cold water.

2. Mix asparagus with remaining ingredients in a large bowl, stirring well to coat evenly with dressing.

PER SERVING 213 CAL., 72% (153 CAL.) FROM FAT; 5.9 G PROTEIN; 17 G FAT (4.1 G SAT.); 13 G CARBO (5.9 G FIBER); 347 MG SODIUM; 8.3 MG CHOL. ■