



### Make it a meal

+ Falafel

+ Baked pita chips

## Turkish cucumber and mint soup

SERVES 5 | 30 MINUTES

This yogurt-based soup—similar to *cacik*—is seasoned with Aleppo pepper, a chile grown in Syria and Turkey that has a smoky note.

2 lbs. (2 to 3) English cucumbers, peeled, seeded, and cut into chunks

2 garlic cloves, minced

¼ cup lemon juice

2 tbsp. extra-virgin olive oil

3 containers (7 to 8 oz. each) plain low-fat Greek yogurt

About 2 tsp. Aleppo pepper\* or coarsely ground dried California chile

1 tsp. kosher salt

½ tsp. black pepper

½ cup chopped fresh mint leaves, plus small whole leaves

1 tbsp. chopped fresh dill

1. **Whirl** cucumbers, garlic, lemon juice, oil, and 1 container yogurt in a blender until smooth. Pour into a stainless steel bowl and whisk in remaining yogurt, 2 tsp. Aleppo pepper, the salt, and black pepper.

2. **Nest** bowl in ice water; stir often until cold, about 15 minutes.

3. **Stir** chopped mint and dill into soup just before serving. Sprinkle bowls with more Aleppo pepper, if you like, and mint leaves.

\*Buy Aleppo pepper from grocery stores or [worldspice.com](http://worldspice.com), or buy dried California chiles in Latino markets (pulse in a food processor to grind coarsely).

**PER 1-CUP SERVING** 151 CAL., 33% (50 CAL.) FROM FAT; 12 G PROTEIN; 5.8 G FAT (0.8 G SAT.); 14 G CARBO (1 G FIBER); 435 MG SODIUM; 0 MG CHOL.