

## Mango Cucumber Soup

**Prep time:** 30 minutes

**Makes:** 4 Servings

### Ingredients:

- 2 ripe mangoes (divided)
- 1 English cucumber (divided)
- 2 **tablespoons** chopped onion
- 1 jalapeño pepper, finely diced (optional)
- Juice from one fresh lime
- 1/2 **cup** water
- 2 containers plain, non-fat Greek yogurt
- 1/4 **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 1/4 of the cucumber and chill for use with garnish. Coarsely chop remaining 3/4 of the cucumber.
3. Place chopped mango, cucumber, onion, and pepper (optional) in blender or food processor with lime juice and water. Purée it until is 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 Information

Key Nutrients	Amount	% Daily Value*
Total Calories	170	
Total Fat	0.5 g	1%
Protein	11 g	
Carbohydrates	33 g	11%
Dietary Fiber	3 g	12%
Saturated Fat	0 g	0%
Sodium	45 mg	2%

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