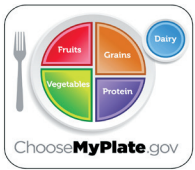


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MANGO CUCUMBER SOUP

Sweet, ripe mangos are the basis for this refreshing and quick chilled summer soup. It's a no-stove recipe that's perfect when outdoor temperatures rise.

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.

Serving Suggestions:

Serve with 8 fl oz (1 cup) 100% apple juice.



Food Group Amounts	
 Dairy	½ cup
 Fruits	1 cup
 Vegetables	¾ cup
 Grains	--
 Protein	--

Nutrition Facts	
Serving Size (378g)	
Servings Per Container	
Amount Per Serving	
Calories 170	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 33g	11%
Dietary Fiber 3g	12%
Sugars 28g	
Protein 11g	
Vitamin A 40%	Vitamin C 120%
Calcium 15%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	380g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Recipe Submitted by Produce For Better Health Foundation

