



STRONG Heart Program Recipe-of-the-Month

Chilled Zucchini Soup

Recipe provided by Chuck Lewis

Ingredients compliments of Lori's Natural Food Store

Ingredients:

1 medium size onion, minced
1-tablespoon olive oil
3 medium size zucchini
3 cans (14oz each) reduced sodium chicken broth
1-½ tablespoons white wine vinegar
1-tablespoon dill weed
Dash of black pepper

Directions:

1. Heat olive oil in saucepan over medium heat. Sauté onion until transparent but not browned.
2. Add zucchini, chicken broth, vinegar, dill weed, and black pepper to onions. Cook approximately 30 minutes or until zucchini is very soft.
3. Blend the mixture in food processor in batches.
4. Soup is best served chilled with a dollop of low fat sour cream and a sprinkle of dill weed.

Servings: 8 cups **Serving Size:** 1 cup

Nutrition Information: 70 calories, 2g fat, 0g sat. fat, 250mg sodium, 0mg cholesterol, 9g carbohydrates, 2g fiber, 4g protein