

## CHILLED STRAWBERRY SOUP (Milchig)

2 lbs. strawberries, stems removed,  
cleaned and sliced.  
1 cup white zinfandel  
6 Tbsp. granulated sugar  
1 cup water

1/4 cup creamy style non-fat yogurt  
2 Tbsp. fresh lemon juice  
1/2 cup half and half

Place sliced strawberries, the wine and sugar in a bowl and set aside for 90 minutes. Pour strawberry mixture and water into a saucepan, cover and bring to a boil over high heat. Turn the heat down and simmer gently for 5-7 minutes. Remove from heat and pour through a fine-mesh colander. Using a metal spoon, gently push through strainer, discarding any seeds and fibrous particles. Chill at least four hours. Before serving, combine strawberry mixture with the yogurt, lemon juice and half and half. 124 calories per serving. Serves 6.