

Lemony Chicken Soup

20
MINUTES!

WORK TIME: 10 MINUTES / TOTAL TIME: 20 MINUTES / SERVINGS: 4

WE CUT THE TIME IT TAKES TO MAKE THIS TRADITIONAL GREEK SOUP IN HALF BY USING ROTISSERIE CHICKEN, FROZEN VEGETABLES, AND ALREADY-SHREDDED CARROTS.

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| 1 tsp olive oil | 1/2 c orzo |
| 1 sm clove garlic, finely chopped | 2 1/2 c frozen green peas or cut-up green beans |
| 6 c chicken stock (we used Kitchen Basics) | 3 c chopped cooked chicken (leftover or pulled from a rotisserie chicken) |
| 1 rib celery, chopped | 2 lg eggs |
| 1 c shredded carrots | 3-4 Tbsp freshly squeezed lemon juice (from 1 lg lemon) |
| 1/2 tsp freshly ground black pepper | |
| 1/4 tsp salt | |

1. HEAT oil in Dutch oven over medium heat. Add garlic and cook until light brown, about 1 minute. Add stock, celery, carrots, pepper, and salt and bring to a boil over high heat. Add orzo and reduce

heat to a simmer. Cook until orzo is tender, about 8 minutes.

2. ADD green vegetables and chicken and simmer 2 minutes. Meanwhile, whisk together eggs and 3 tablespoons of the lemon juice in medium bowl. Warm egg mixture gently by whisking in about 1 cup hot stock in a thin stream.

3. WHISK egg mixture into soup and warm briefly over low heat 2 minutes. Do not boil or eggs will curdle. Adjust seasoning as needed with more lemon juice, salt, or pepper and serve.

NUTRITION (per serving) 424 cal, 49 g pro, 32 g carb, 4 g fiber, 10.5 g fat, 3 g sat fat, 940 mg sodium

Prep Tip

EXTRACT MORE JUICE Before squeezing, warm the whole lemon in the microwave about 20 seconds or roll it around firmly on a countertop, or both.

Nut & Berry Spinach Salad

WORK TIME: 5 MINUTES / TOTAL TIME: 10 MINUTES / SERVINGS: 4

EVEN THE QUICKEST DISH CAN BE EXCITING WHEN IT INCLUDES AN UNUSUAL COMBINATION LIKE THE SPINACH, DRIED BERRIES, AND TOASTED ALMONDS HERE. A SOAK IN VINEGAR SOFTENS CONVENIENT DRIED FRUIT.

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| 1/4 c dried blueberries or cranberries | COMBINE berries and vinegar in salad bowl and let stand 2 minutes. Whisk in oil and season with salt and freshly ground black pepper to taste. Toss with spinach and almonds. |
| 3 Tbsp balsamic vinegar | |
| 1/4 c olive oil | |
| 1 pkg (5-6 oz) baby spinach | NUTRITION (per serving) 218 cal, 3 g pro, 16 g carb, 3 g fiber, 17 g fat, 2 g sat fat, 59 mg sodium |
| 1/4 c slivered or sliced almonds, toasted | |

Yogurt and Fruit Dessert

Drizzle Greek-style yogurt with honey and top with raspberries or halved red grapes.



SOUP'S ON!

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