

# Recipe

## WellWorks For You FEATURED RECIPE Lemony Chicken Soup

6 Servings | Total Time: 20min

### INGREDIENTS:

- 1 tablespoon olive oil
- $\frac{3}{4}$  cup cubed carrots
- $\frac{1}{2}$  cup chopped yellow onion
- 2 teaspoons minced fresh garlic
- $\frac{3}{4}$  teaspoon crushed red pepper
- 6 cups unsalted chicken stock
- $\frac{1}{2}$  cup uncooked whole-wheat orzo
- 3 large eggs
- $\frac{1}{4}$  cup fresh lemon juice
- 3 cups shredded rotisserie chicken
- 3 cups chopped baby spinach
- 1  $\frac{1}{4}$  teaspoons kosher salt
- $\frac{1}{2}$  teaspoon black pepper
- 3 tablespoons chopped fresh dill

### DIRECTIONS:

1. Heat oil in a Dutch oven over medium-high. Add carrot and onion; cook, stirring often, until vegetables are softened, 3 to 4 minutes. Add garlic and crushed red pepper; cook, stirring constantly, until fragrant, about 1 minute.
2. Add stock to Dutch oven; increase heat to high and bring stock to a boil. Add orzo, and cook, uncovered, until orzo is al dente, about 6 minutes.
3. Meanwhile, whisk together eggs and lemon juice in a medium bowl until frothy. Once orzo has cooked 6 minutes, carefully remove 1 cup boiling stock from Dutch oven. Gradually add hot stock to egg–lemon juice mixture, whisking constantly to temper the eggs, about 1 minute. Pour egg mixture back into Dutch oven and stir to combine.
4. Reduce heat to medium-low; stir in chicken, spinach, salt and pepper. Cook, stirring constantly, until spinach wilts, about 1 minute. Divide soup among 6 bowls; sprinkle servings evenly with dill.



**NUTRITION** Per Serving: 1  $\frac{1}{4}$  cups Calories: 261

Protein 32g, Carbohydrates 16g, Dietary Fiber 3g, Fat 8g, Saturated Fat 2g, Sugar 3g, Sodium 641mg

Source: [eatingwell.com/recipe/8028415/lemony-greek-chicken-soup](https://eatingwell.com/recipe/8028415/lemony-greek-chicken-soup)

Wellworks For You

Download from Your Benefits Hub, employees.taylor.com