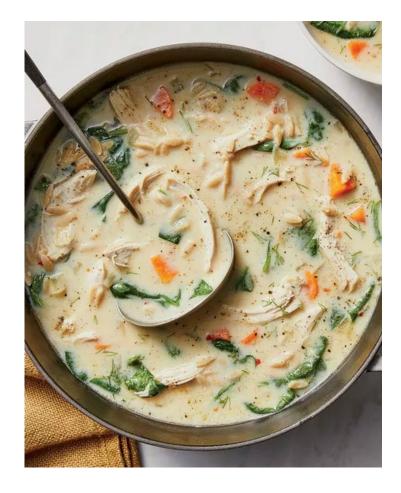
Recipe

WellWorks For You FEATURED RECIPE Lemony Chicken Soup

6 Servings | Total Time: 20min

INGREDIENTS:

- 1 tablespoon olive oil
- ³/₄ cup cubed carrots
- $\frac{1}{2}$ cup chopped yellow onion
- 2 teaspoons minced fresh garlic
- ³⁄₄ teaspoon crushed red pepper
- 6 cups unsalted chicken stock
- $\frac{1}{2}$ cup uncooked whole-wheat orzo
- 3 large eggs
- 1/4 cup fresh lemon juice
- 3 cups shredded rotisserie chicken
- 3 cups chopped baby spinach
- 1 ¼ teaspoons kosher salt
- 1/2 teaspoon black pepper
- 3 tablespoons chopped fresh dill



NUTRITION Per Serving: 1 1/4 cups Calories: 261

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

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.

Source: eatingwell.com/recipe/8028415/lemony-greek-chicken-sou