

Greek Egg and Lemon Soup

Serves 2

Very easy soup packed with protein and iron! Very smooth.

- 2½ cups chicken broth, low-fat
- 1½ tablespoons lemon juice
- ¼ cup orzo or other small pasta
- 1 cup packed baby spinach leaves
- 1 egg
- black pepper to taste

1. In a medium saucepan, bring broth to a boil. Add orzo or pasta. Lower heat and simmer until tender, about 8 minutes.

2. In a medium bowl, whisk together egg and lemon juice.

3. Remove pot from heat and measure out ½ cup hot broth. Pour broth slowly into the egg-lemon mixture, whisking to keep eggs from scrambling. Pour egg mixture back into soup pot, whisking constantly.

4. Add spinach and return to burner over very low heat, stirring until spinach wilts, 1-2 minutes. Season with pepper.

Nutrition information: calories 190, fat 5g, fiber 1g, sodium 135mg

Recipe from womenshealthmag.com

