



Egg Drop Soup

Ingredients:

- 1 ½ lbs. cooked shrimp
- 4 egg whites, well beaten
- 4 packets of Diet Right Cream of Chicken Soup Mix
- 4 cups sliced Chinese cabbage
- 4 cups finely chopped green onion
- ½ cup soy sauce
- 2 tsp. curry paste
- 1 tsp. Chinese five-spice

Directions:

1. Bring chicken soup to a boil in a large saucepan.
2. Add soy sauce, 5 spice and 1 cup of water.
3. Return to boil.
4. Add cabbage and simmer for 10 minutes.
5. Remove from heat.
6. Stir in green onions and shrimps.
7. Combine egg whites with curry paste.
8. Return soup to a simmer and quickly stir in egg mixture.
9. Eggs will separate to form fine threads.
10. Serve immediately.

Servings: makes 4 servings.

Each serving = 7 oz. lean protein, 1 protein product, 2 cups select vegetables.

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