



Avgolemono

Greek Lemon Chicken Soup

Ingredients:

- 4 teaspoons olive oil
- ½ cup onion, chopped
- ½ cup celery, chopped
- 3 cups riced cauliflower (and/or you can use 2 packets Diet Right Orzo)
- 3 garlic cloves, chopped or 1.5 teaspoons minced garlic in jar
- 2 bay leaves
- 12oz chicken, cooked and chopped
- 1 box chicken broth, fat free
- 1 lemon, juiced
- 2 egg yolks
- 1 teaspoon dill
- ½ teaspoon salt, or more, and pepper to taste

Directions:

1. Heat soup pot, add olive oil, celery, onions until cooked about 10 minutes
2. Add garlic
3. Add riced cauliflower, bay leaves, dill, and broth and bring to boil
4. In bowl combine egg yolks and lemon juice, add a little bit of heated broth to yolk mixture to temper it.
5. Add yolk/lemon mixture to broth
6. Add chicken
7. Salt and pepper to taste

Servings: 2

Each serving = 2 cups select veggies, 7oz lean protein, 2 servings healthy fat, ¼ teaspoon salt

Note: If using Orzo, add 2 Diet Right products

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