

Greek Lemon Chicken Soup



For a new twist on an old standby, try this quick chicken soup inspired by the classic Greek soup Avgolemono (meaning “egg-lemon”). We love the simple, creamy soup base made by whisking eggs, lemon, and broth together. Our healthy version has 231 calories and 32 grams of protein per serving.

Total Time: 40 min. | **Prep Time:** 15 min. | **Cooking Time:** 25 min. | **Yield:** 4 servings

Ingredients:

- ¾ cup dry whole wheat penne (1½ oz.)

1 lb. raw chicken breast, boneless, skinless, cut into bite-sized pieces

Nonstick cooking spray
- 3 large eggs

6-9 Tbsp. fresh lemon juice, divided use

4 cups low-sodium, organic chicken broth, hot

1 cup chopped fresh spinach

sea salt and group black pepper (to taste; optional)

Preparation:

1. Cook pasta according to package directions until al dente; drain. Cool.

2. Heat medium nonstick skillet, lightly coated with spray, over medium heat.

3. Add chicken; cook, stirring frequently, for 6 to 8 minutes or until cooked through. Set aside.

4. Whisk together eggs and 6 Tbsp. lemon juice in a large bowl. Slowly add broth, whisking constantly, until outside of bowl feels warm to the touch.

5. Transfer egg mixture to medium saucepan. Add chicken, spinach, pasta, and any remaining broth; cook, over medium heat, stirring frequently, for 1 to 2 minutes.

6. Season with salt and pepper if desired; add remaining 3 Tbsp. lemon juice to taste if desired. Serve immediately.

Nutrition Facts

Amount Per Serving	
Calories	231
Total Fat	6 g
Saturated Fat	2 g
Cholesterol	119 mg
Sodium	300 mg
Total Carbohydrate	13 g
Dietary Fiber	0 g
Sugars	1 g
Protein	32 g

Portions (per serving)

P90X® + P90X2®	
½ Carb/Grain	1½ Protein
P90X3®	
1 Carb	1½ Protein
Body Beast®	
1 Starch	3 Proteins
21 Day Fix®	
1 Yellow	1 Red