

# Lemony Chicken Greek Soup



Need a new soup to add to your winter roster? This soup is refreshing and bright and full of nutrients and protein! Rotisserie chicken is a quick “cheat” that makes this soup quick and easy to prepare.

## INGREDIENTS

- 1 tablespoon olive oil
- 3/4 cup cubed carrot
- 1/2 cup chopped yellow onion
- 2 teaspoons minced fresh garlic
- 3/4 teaspoon crushed red pepper
- 6 cups unsalted chicken stock
- 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 1/4 teaspoons kosher salt
- 1/2 teaspoon black pepper
- 3 tablespoons chopped fresh dill

## DIRECTIONS

### STEP 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.

### STEP 2

Add stock to Dutch oven; increase heat to high, and bring stock to a boil. Add orzo, and cook, uncovered, until al dente. This takes about 6 minutes.

### STEP 3

Meanwhile, in a medium bowl, whisk (by hand or an electric hand mixer) together lemon juice and eggs until frothy.

### STEP 4

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 to prevent curdling, about 1 minute. While stirring the soup, slowly pour the egg mixture back into Dutch oven.

### STEP 5

Reduce heat to medium-low; stir in chicken, spinach, salt, and pepper. Cook, stirring constantly, until spinach wilts, about 1 minute. Lastly, sprinkle the soup with dill, serve and enjoy!



**Wisconsin Athletic Club**

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## NUTRITION FACTS

Serving Size: Serves 6 - 1 1/4 cups each  
Per Serving: Calories 261 Fat 8g Satfat 2g  
Unsattfat 4g Protein 32g Carbohydrate 16g Fiber  
3g Sugars 3g Added sugars 0g Sodium 641mg  
Calcium 5% DV Potassium 8% DV