

## Lemon Chicken Soup with Orzo

I recently threw a soup party with huge pots of soup bubbling away on the stove and small serving cups, so everyone could taste each one. This is the soup no one could stop talking about. My guests all fell in love with its thyme-scented, thick, lemony broth, delicate orzo (a rice-shaped pasta), and meaty chunks of chicken. It's kind of like a girl-next-door chicken noodle soup that's traveled abroad and returned with an intriguing flair.

4 teaspoons olive oil  
8 ounces skinless, boneless chicken breast halves, cut into small chunks  
Pinch of salt, plus more to taste  
1 medium onion, diced (about 1 1/2 cups)  
2 stalks celery, diced (about 1/2 cup)  
1 medium carrot, diced (about 1/2 cup)  
2 teaspoons chopped fresh thyme or 1/2 teaspoon dried  
6 cups low-sodium chicken broth  
1 cup orzo, preferably whole-wheat  
2 large eggs  
3 tablespoons fresh lemon juice  
Freshly ground black pepper to taste

### SERVES 4

SERVING SIZE:  
1 1/2 CUPS

### PER SERVING

CALORIES: 280

TOTAL FAT: 10G

MONO: 6G

POLY: 1G

SAT: 2G

PROTEIN: 26G

CARB: 22G

FIBER: 2G

CHOL: 39MG

SODIUM: 291MG

### EXCELLENT

#### SOURCE OF

NIACIN, PHOSPHO-

RUS, POTASSIUM,

PROTEIN, RIBOFLA-

VIN, SELENIUM,

VITAMIN A, VITA-

MIN B6, VITAMIN C

### GOOD

#### SOURCE OF

COPPER, FOLATE,

IODINE, IRON,

MAGNESIUM,

MOLYBDENUM,

PANTOTHENIC

ACID, THIAMIN,

VITAMIN B12,

VITAMIN K, ZINC

Heat 2 teaspoons of the oil in a soup pot over medium-high heat. Season the chicken with the salt, add it to the pot, and cook, stirring, a few times, until just cooked through, about 5 minutes. Transfer the chicken to a dish and set aside.

Add the remaining 2 teaspoons oil to the pot. Add the onion, celery, carrot, and thyme and cook, stirring, over medium-high heat until the vegetables are tender, about 5 minutes. Add 5 cups of the broth and bring to a boil. Add the orzo and let simmer until tender, about 8 minutes. Turn the heat down to low to keep the soup hot but not boiling.

Warm the remaining 1 cup broth in a small saucepan until it is hot but not boiling. In a medium bowl, beat the eggs. Gradually whisk the lemon juice into the eggs. Then gradually add the hot broth to the egg-lemon mixture, whisking all the while. Add the mixture to the soup, stirring well until the soup is thickened. Do not let the soup come to a boil. Add the cooked chicken to the soup. Season with salt and pepper and serve.