



AVGOLEMONO (Greek Lemon Soup)

Basic Lifestyle

INGREDIENTS

2 cups low-sodium chicken broth
1 cup water
3 TBS fresh lemon juice
2 large eggs, lightly beaten
1 cup hot cooked long-grain rice
1/2 TSP salt substitute or Morton's "lite" (50% less sodium)
1/8 TSP white pepper
6 lemon slices

INSTRUCTIONS

- Heat chicken broth and water in a medium saucepan over medium-high heat.
- Gradually add hot broth mixture and lemon juice to eggs, stirring constantly with a whisk.
- Return the egg mixture to the saucepan. Cook over medium heat until slightly thick (about 15 minutes), stirring constantly.
- Remove from heat. Stir in rice, salt and white pepper. Ladle soup into 2 small bowls and serve with lemon slices.

SERVING INFO: (Serves 2)

2 cups = 1/2 P, 1/2 G