



MATZO BALLS

Basic Lifestyle

Ingredients

- 4 eggs
- 1/4 cup low-sodium, fat-free chicken OR vegetable broth
- 1 cup matzo meal*
- 2 TBS chopped fresh parsley OR 2 TSP dried parsley

Instructions

1. In a mixing bowl, combine the eggs and broth, beating until fluffy.
2. Fold in the matzo meal and parsley.
3. Cover and refrigerate the mixture for 1 hour. Stir, then shape with moistened hands into 8 large (or 16 small) ball or oval shapes, using a rounded TBS of mixture, or less if you like them small.
4. Drop into boiling salted water. Cover and simmer 45 minutes. Remove with a slotted spoon and transfer to the chicken soup.

Portion-Per-Serving Information (Serves 8):

Serving = 1 large or 2 small matzo balls = 1/2 G

***Note:** To increase fiber content, use whole wheat or wheat bran matzo, finely crushed.