

TO YOUR HEALTH

This Mediterranean-style soup, typically served in Greece, is one of my favorites! In Greece the name is Avgolemono. The eggs give the soup a velvety texture and the lemon adds a punch of tanginess. If you follow a vegetarian diet, choose vegetable broth instead of chicken broth. This soup makes a satisfying meal, sprinkled with Parmesan cheese and served with crusty wholewheat sourdough bread.

GREEK-STYLE SPINACH, RICE & LEMON SOUP



CHOOSE ORGANIC INGREDIENTS WHEN AVAILABLE:

- 1 garlic clove, minced
- 1/2 large white onion, diced
- 1/4 teaspoon red pepper flakes
- 5 ounces fresh baby spinach
- 3/4 cup Arborio or sprouted rice
- 4 cups low sodium chicken or vegetable broth
- 2 large eggs
- 3 tablespoons fresh lemon juice
- 1/4 teaspoon dried dill

NUTRITIONAL INFORMATION:

Per serving: 179 calories, 4.1 grams fat, 74 milligrams cholesterol, 665 milligrams sodium, 25.5 grams total carbohydrates, 2 grams dietary fiber, 1.7 grams sugar, 9.7 grams protein.



Recipe and photo by Layne Lieberman, MS, RD, CDN, culinary nutritionist and award-winning author of "Beyond the Mediterranean Diet: European Secrets of the Super-Healthy." For more information and recipes, visit www.WorldRD.com

Heat olive oil in a large saucepan. Add garlic and onion and cook over medium heat until slightly translucent. Increase heat to medium-high and add red pepper flakes and rice. Cook for about two minutes, then add broth.

Bring soup to a boil, then lower heat to a simmer for 15 minutes, or until rice is barely tender. Allow soup to cool for at least 10 minutes.

Meanwhile, in a large bowl, whisk eggs then add in lemon juice. Whisk for 2 to 3 minutes. Add 1/3 cup of the cooled soup to the egg and lemon juice mixture; whisk vigorously. Whisk in another 1/3 cup of the cooled soup.

Add the egg mixture into the large saucepan whisking well. Add the spinach to the saucepan. Return the soup to a low simmer and stir for about 10 minutes. The soup will thicken slightly. Garnish with dill.

Bon Appetit!

Makes about 5 cups.

Note: You can use a "No Salt-Added" broth to further reduce the sodium in this recipe.