



Avgolemono (Greek Lemon Soup)

INGREDIENTS

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| 1 TBS olive oil | 1 medium onion, diced | 1 medium carrot, diced |
| 2-3 celery stalks, diced | 2-3 garlic cloves, finely chopped | 2 bay leaves |
| 3 boneless, skinless chicken thighs or breasts | | 8 cups chicken stock |
| Juice of 2 lemons | 3 egg yolks | A handful fresh parsley |
| Salt and pepper to taste | | |

DIRECTIONS

Chicken, Veggies and Broth: Heat olive oil in a large pot and cook the onion, carrot and celery for 8-10 minutes over medium heat until softened. Add the garlic and cook for another minute, then add bay leaves, chicken and chicken stock. Bring to a boil, then lower the heat to medium-low, cover with a lid and simmer for 15 minutes. Take out the chicken and bay leaves and cook for 10 more minutes. Shred the chicken with two forks and add it back to the pot.

The Avgolemono (the egg-lemon sauce): Whisk the egg yolks and lemon juice in a bowl. Take out 1-2 ladles of soup and slowly drizzle it into the egg-lemon mixture to slowly bring it to the temperature of the soup - tempering it. Add this mix back to the pot and continue to cook for 5 minutes. Stir in parsley, salt and pepper to taste. Makes about 6 servings; 140 calories each.