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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

1. Heat chicken broth and water in a medium saucepan over medium-high heat.
2. Gradually add hot broth mixture and lemon juice to eggs, stirring constantly with a whisk.
3. Return the egg mixture to the saucepan. Cook over medium heat until slightly thick (about 15 minutes), stirring constantly.
4. Remove from heat. Stir in rice, salt and white pepper. Ladle soup into 4 cups or small bowls and serve with lemon slices.

Portion-Per-Serving Information (Serves 4):

Serving size = 1 cup = 1/2 G