



Italian Stracciatella Soup

INGREDIENTS

- 6 cups of chicken stock
- 4 large eggs
- 1/3 cup grated Parmesan cheese
- 1 TBS chopped parsley
- 1/2 teaspoon salt
- 1 teaspoon finely zested lemon peel
- 2 cups of baby spinach

DIRECTIONS

Bring the broth to a simmer in a medium saucepan. Whisk together the eggs, cheese, parsley and salt. Slowly pour the egg mixture into the broth. For large fluffy egg curds, pour them into the simmering broth, wait, allow them to set, and then stir. For smaller curds stir as you're pouring the eggs in. Add spinach and stir to wilt - about 5 minutes. Stir in the lemon zest. Serve immediately. Makes 4 servings; 120 calories each.