



Greek Lemon Chicken Soup

INGREDIENTS

4 quarts chicken stock

3 large eggs, separated

½ to 1 cup fresh lemon juice

Chopped fresh parsley, for garnish

4 boneless, skinless chicken breasts

1 tablespoon lemon zest

Kosher salt and freshly cracked black pepper

DIRECTIONS

In a large stockpot, bring the chicken stock to a boil. Add the chicken then lower to a simmer until the chicken is just cooked through, about 15 to 20 minutes (internal temperature 160 degrees F). Place cooked chicken in a bowl and let cool. Shred the chicken and reserve. In a large bowl, whisk the egg whites to soft peaks. In a medium bowl, whisk together the egg yolks and most of the lemon juice, reserving some to add later as needed. Fold the egg yolk mixture into the egg whites. Once combined, ladle in some hot stock to temper the egg mixture, whisking constantly and adding the hot liquid slowly. Very slowly, add the warm whipped egg/lemon mixture into the pot, whisking constantly to prevent any curds or clumps from forming. Continue to cook over medium-low to medium heat, whisking, until the soup thickens, about 10 minutes more. Add the shredded chicken and any reserved juices to the soup. Add the lemon zest and additional lemon juice and season with salt and pepper. Garnish with chopped parsley. Makes about 6 servings; 120 calories each.