

Chicken Noodle Soup for Mainline Health

Makes 2 quarts, 8 servings, about 1 cup each

4 cups *low-sodium chicken broth

2 cups water

1 bay leaf

5 peppercorns

1/2 pound boneless skinless chicken breast

2 teaspoons olive oil

1 cup onion, diced

1 cup celery, sliced

1 cup carrots, peeled and sliced

3 cloves garlic, minced

Pinch of salt

4 ounces thin dried egg noodles

3 Tablespoon lemon juice, or to taste

4 Tablespoons chopped fresh dill or parsley

Salt and pepper to taste

Directions:

1. In a large sauce pan, bring 4 cups of broth plus 2 cups water to a boil. Add bay leaf, peppercorns and chicken breast. Reduce heat to medium low and poach chicken until cooked through (approximately 6 – 8 minutes).
2. Remove the chicken from the liquid and cool to the touch. Using your fingers or two forks shred chicken meat and set aside.
3. Meanwhile, heat olive oil in a sauté pan over medium high heat. Add the onions, celery, carrots, garlic and a pinch of salt. Cook until the onions are just turning translucent. Add some broth to the pan and scrape the bottom to pick up any browned bits from the pan. Add the remaining broth and bring to a boil.
4. Add noodles and chicken. Simmer until the noodles are cooked through (approximately 3 – 4 minutes).
5. Stir in lemon juice and herbs. Season with salt and pepper as needed.

Per serving: 101 calories; 2.6 g fat (<1 g saturated fat); 20.6 mg cholesterol; 9.9 g carbohydrate; 10.2 g protein; 1.3 g fiber; 118 mg sodium.

*CAUTION Chicken broth comes in a variety of sodium contents. They can be as high as 600 mg of sodium per cup, and still be considered “low-sodium” or “reduced sodium.” Look for brands like Pacific and Trader Joe’s which make low-sodium broth containing less than 80 mg of sodium per cup.

Recipe courtesy of Chef Christina Dimacali of Clean Your Plate, Philadelphia