

Chicken & Quinoa Soup

Ingredients

1 lb. boneless, skinless chicken breasts (all visible fat discarded, cut into 1-inch cubes)
4 cups fat-free, low-sodium chicken broth
1 large onion (chopped)
3/4 cup water
1 medium carrot (sliced)
3 large garlic cloves (minced)
1 Tbsp. chopped, fresh thyme
1 medium dried bay leaf
1/4 tsp. pepper
1/3 cup uncooked quinoa (rinsed, drained)
2 oz. sugar snap peas (trimmed, sliced diagonally)



Directions:

1. In a large saucepan, stir together the chicken, broth, onion, water, carrot, garlic, thyme, bay leaf, and pepper. Bring to a boil over medium-high heat. Reduce the heat and simmer, partially covered, for 5 minutes.
2. Stir in the quinoa. Cook for 5 minutes.
3. Stir in the peas. Cook for 5 to 8 minutes, or until the quinoa is tender and the chicken is no longer pink in the center. Discard the bay leaf before serving the soup.

Tip: Serves 6 – 1 1/3 cups per serving

Cooking Tip: Look for quinoa near the rice and other grains in the supermarket. Unless you buy prewashed quinoa, rinse it in a fine strainer under cold running water until the water runs clear. This is done to remove the bitter coating called saponin.

Nutrition Information: (Per Serving)

1/6th Recipe (1+1/3rd Cup)

155 Calories

3 g Fat

12 g Carbohydrate

20 g Protein