Lemony Chicken and Orzo Soup

Bon Appetit, April, 2013

Internet Address: http://www.bonappetit.com/recipe/lemony-chicken-and-orzo-soup



1 tablespoon olive oil

1 medium leek, white and pale-green parts only, halved lengthwise, sliced crosswise 1/2-inch thick

1 celery stalk, sliced crosswise 1/2-inch thick

12 ounces chicken thighs without skin, boneless (or use chicken beasts)

6 cups low-sodium chicken broth

Kosher salt, freshly ground pepper

1/2 cup orzo

1/4 cup fresh dill, chopped

Lemon halves (for serving)

Carolyn T's Blog - Tasting Spoons
http://tastingspoons.com

Servings: 4

1. Heat oil in a large heavy pot over medium heat. Add leek and celery and cook, stirring often, until vegetables are soft, 5-8 minutes. Add chicken and broth; season with salt and pepper. Bring to a boil, cover, reduce heat, and simmer until chicken is cooked through, 15-20 minutes. Transfer chicken to a plate. Let cool, then shred chicken into bite-size pieces.
2. Meanwhile, return broth to a boil. Add orzo and cook until al dente, 8-10 minutes.
3. Remove pot from heat. Stir in chicken and dill. Serve with lemon halves for squeezing over.

Per Serving (excluding unknown items): 226 Calories; 9g Fat (29.3% calories from fat); 29g Protein; 22g Carbohydrate; 1g Dietary Fiber; 40mg Cholesterol; 117mg Sodium. Exchanges: 1 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 1 Fat.