

Italian Wedding Soup

Ingredients:

- 2 slices whole wheat bread, cubed
- ¼ lb ground chicken breast
- ½ medium carrot, grated
- ¼ onion, grated
- 125 ml bread crumbs
- 1 clove garlic, minced
- 7 ml fresh basil, minced finely
- 1 ml oregano
- 2 egg whites, divided
- 750 ml chicken stock
- 5 oz spinach, finely chopped
- Salt and pepper to taste
- 15 ml parmesan cheese, garnish

Instructions:

1. Preheat oven to 350 F. Toast bread cubes on a large cookie sheet in the oven for 15 minutes.
2. In a large bowl, mix chicken, carrot, onion, bread crumbs, garlic, basil, oregano and ½ an egg white. Use hands to form into small meatballs, ½ inch in diameter. Set aside.
3. In a medium saucepan, add broth and bring to a boil. Drop meatballs in and simmer for 5 minutes or until cooked. Add spinach and reduce heat to medium. Season with salt and pepper.
4. In a medium bowl, whisk remaining egg white until frothy. Mix in parmesan.
5. Pour egg mixture into stockpot. Stir until egg whites are cooked, then remove from heat.
6. Serve with croutons and additional chopped basil.

