



# Vegetable Lover's Chicken Soup

Makes 2 servings, 2 cups each

## Ingredients

1 tablespoon extra-virgin olive oil	1 large shallot, finely chopped	1 14-ounce can reduced-sodium chicken broth	1 1/2 cups packed baby spinach
8 ounces chicken tenders, cut into bite-size chunks	1/2 teaspoon Italian seasoning blend	1/4 cup dry white wine	
1 small zucchini, finely diced	1/8 teaspoon salt	2 tablespoons orzo, or other tiny pasta, such as farfelle	
	2 plum tomatoes, chopped		

## Instructions

Heat oil in a large saucepan over medium-high heat. Add chicken and cook, stirring occasionally, until browned, 3 to 4 minutes. Transfer to a plate. Add zucchini, shallots, Italian seasoning and salt and cook, stirring often, until the vegetables are slightly softened, 2 to 3 minutes. Add tomatoes, broth, wine and orzo (or other tiny pasta); increase heat to high and bring to a boil, stirring occasionally. Reduce heat to a simmer and cook until the pasta is tender, about 8 minutes, or according to package directions. Stir in spinach, the cooked chicken and any accumulated juices from the chicken; cook, stirring, until the chicken is heated through, about 2 minutes.

**Tip:** Cover and refrigerate up to 3 days or freeze up to 3 months.

## Nutrition Facts

One serving: 261 calories; 8 g fat (1 g sat, 5 g mono); 72 mg cholesterol; 12 g carbohydrates; 0 g added sugars; 31 g protein; 2 g fiber; 335 mg sodium; 483 mg potassium.

Recipe Courtesy of EatingWell.org

