

Avgolemono (Greek Lemon Soup)

Aglaia Kremezi - Relish Magazine April 2012

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6 cups chicken broth

1/2 cup uncooked rice

3 egg yolks

3 tablespoons lemon juice

parsley (for garnish), chopped

coarsely ground black pepper (for garnish)

In a pot, bring the chicken broth to a simmer.

Add the rice. Cover and simmer just until the rice is done, about 15 minutes.

In a bowl, whisk the egg yolks with the lemon juice. Whisk a ladle of the hot soup into the egg mixture. Add the mixture back into the soup pot.

Garnish with parsley and a little of the black pepper.

Great served with warm pitas and store-bought hummus.

Yield: 8 cups

Per Serving (excluding unknown items): 420 Calories; 24g Fat (52.5% calories from fat); 38g Protein; 10g Carbohydrate; trace Dietary Fiber; 638mg Cholesterol; 4601mg Sodium. Exchanges: 3 1/2 Lean Meat; 1/2 Fruit; 2 Fat.