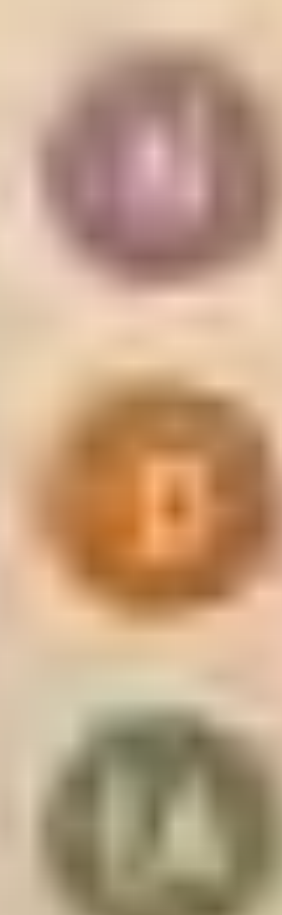


## Lemon-Egg Drop Soup



This simple, comforting meal comes together in less than half an hour. Enriched with eggs, this soup gets a touch of acidity from lemon juice—just enough to make it interesting. Add the juice of a third lemon if you are looking for stronger flavor. To add freshness, sprinkle with chopped fresh dill or Italian parsley just before serving.

Use leftover rice or buy packaged precooked rice. You can also use  $\frac{1}{2}$  cup instant rice, adding it to the broth after it boils. If you don't have cooked chicken on hand, you can also cook finely chopped raw chicken in the soup. Add 1 cup raw chicken with the rice and lemon juice and cook for 5 to 7 minutes, or until the chicken is cooked through.

6 servings

Prep time:

15 minutes or less

Cook time:

30 minutes or less

### Nutritional Information

#### Per Serving (about 1 cup)

Calories	88
Total Fat	8g
Total Carbohydrate	10g
Dietary Fiber	0.2g
Sugar	1g
Protein	7g
Sodium	115mg

6 cups reduced-sodium chicken broth

2 eggs

Juice of 2 lemons

1 cup cooked white rice

1 cup finely chopped cooked chicken, optional

Salt and freshly ground black pepper

1. In a large saucepan over high heat, bring the broth to a boil. Reduce the heat to a simmer.
2. Meanwhile, in a bowl, beat the eggs. Gradually, add 1 cup of the hot broth to the eggs a little at a time, beating constantly until the eggs are warmed through, but still liquid. You don't want the broth to cook the eggs, just to warm them through.
3. Over low heat, add the warm egg mixture back to the saucepan, stirring constantly. Add the lemon juice, rice, and chicken and cook for 3 to 5 minutes, or until heated through. Season with salt and pepper.



# Lemon-Lime Smoothie

Nausea  
Taste Alterations  
wt. LOSS



A balance of tart and sweet helps this smoothie go down easily. For a more tart flavor, choose plain yogurt instead of vanilla or add fresh lemon and/or lime juice. For stronger citrus flavor without the acidity, substitute lemon- or lime-flavored yogurt.

**1 serving**

Prep Time:  
**15 minutes or less**

Total Time:  
**15 minutes or less**

## Nutritional Information

### Per Serving

Calories	350
Total Fat	3.5 g
Total Carbohydrate	73 g
Dietary Fiber	0 g
Sugars	70 g
Protein	10 g
Sodium	160 mg

This recipe may not be appropriate if you have mouth sores.

**5 to 6 ice cubes**

**1 cup vanilla or plain low-fat or nonfat yogurt**

**2 tablespoons frozen lemonade concentrate, partially thawed, but still icy**

**2 tablespoons frozen limeade concentrate, partially thawed, but still icy**

1. In a blender, crush 5 ice cubes. Add the yogurt, lemonade, and limeade and blend until smooth. For a colder shake, add the remaining ice cube and blend until combined.