



Veggie-ful Egg Drop Soup



Ingredients

- 1/4 cup extra-virgin olive oil
- 1 cup chopped carrots
- 1 cup chopped spring onions (bulbs and greens)
- 3 cloves garlic, minced
- 4 cups low-sodium vegetable broth
- 1/2 pound fresh asparagus, cut into 1/2-inch pieces
- 1/4 pound fresh sugar snap peas, cut in half at a diagonal
- 2/3 cup fresh or frozen peas
- 2 large eggs
- 1 tablespoon water
- 1/4 cup torn-up basil leaves
- 1/4 cup torn-up mint leaves
- 2 teaspoons freshly squeezed lemon juice

Directions

Makes 4 servings

1. In a large pot, heat oil over medium heat. Add carrots, spring onions and garlic. Stir. Cover and cook, stirring occasionally, for 10 to 15 minutes or until carrots are tender-crisp.
2. Add broth and bring to a boil. Add asparagus, sugar snap peas and peas. Stir. Cook for 3 to 4 minutes.
3. In a small bowl, whisk together eggs and water.
4. Reduce heat to low, and add the basil and mint. Stir. Slowly drizzle in egg mixture around the pot. The eggs should cook (set) within 1 minute. When eggs have set, add lemon juice and stir until mixed.
5. Enjoy warm!



MAIN DISH



TIP

Pair this soup with a small piece of crusty whole-grain bread for added texture and fiber!*

*Option not included in nutrition facts.

= low sodium

= gluten free

Visit allinahealth.org/recipes for more healthful recipe ideas.

© 2019 ALLINA HEALTH SYSTEM. TM - A TRADEMARK OF ALLINA HEALTH SYSTEM. OTHER TRADEMARKS USED ARE OWNED BY THEIR RESPECTIVE OWNERS

nutr-ah-58877 (4/19)

Nutrition Facts

Serving Size 2 1/4 cup (450g)
Servings Per Container 4

Amount Per Serving

Calories 210 Calories from Fat 120

% Daily Value*

Total Fat 14g **22%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 210mg **9%**

Total Carbohydrate 17g **6%**

Dietary Fiber 6g **24%**

Sugars 8g

Protein 6g

Vitamin A 140% • **Vitamin C** 60%

Calcium 10% • **Iron** 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Recipe contains: egg

Carb choices per serving: 1