Lemon Orzo Chicken Soup

1 tablespoon extra virgin olive oil

1 medium onion, diced

2 large (or 3 small) carrots, peeled and sliced into 1/4 inch thick

2 celery stalks, thinly sliced

2 cloves garlic, minced or grated

8 cups of fat-free low sodium chicken broth

Zest and juice (about 1/3 of a cup) of 2 lemons

1 bay leaf

1 1/4 cups orzo pasta

about 2 1/2 cups cooked shredded chicken

a couple of generous handfuls of fresh spinach

Salt and pepper to taste

​Heat olive oil over medium high heat in a large pot.

Add carrots, celery, and onion and cook about 5 minutes, until they begin to soften.

​Add garlic and cook for 1-2 minutes more.

Add the broth, bay leaf, lemon zest, and lemon juice and bring to a boil.

​Add orzo and cook for 7-8 minutes, until the orzo is tender.

Add the chicken and cook for a couple of minutes to allow it to heat through.

Stir in spinach and allow it to wilt for about one minute.

Season with salt and pepper to taste.

​When ready to serve, remove the bay leaf and serve.