

Chicken Orzo Soup

Serve soup on cold winter days.

Orzo is a small pasta which looks like rice. It cooks fast and tastes yummy in this soup!

- 1 pound boneless, skinless chicken breast or chicken thighs
- 1 tablespoon vegetable oil
- ½ cup chopped onion
- 1 garlic clove, minced
- 1 cup chopped carrots
- 1/2 cup chopped celery
- 5 cups reduced sodium chicken broth
- 1 cup water
- 1 bay leaf
- 1 tablespoon dry Italian herbs
- ¾ cup uncooked orzo pasta



- 1 Cut the chicken into bite size pieces. Heat oil in a large pot over medium heat. Add the chicken to the oil. Season with salt and black pepper. Cook for 3 minutes.
- 2 Add the onion, carrots, celery and garlic to the pot. Stir and cook for about 3 minutes.
- 3 Add the broth, water, bay leaf and Italian herbs. Bring soup to a full boil.
- 4 Add the orzo to the boiling soup. Reduce the heat and simmer for 15 to 20 minutes. Remove the bay leaf before serving.

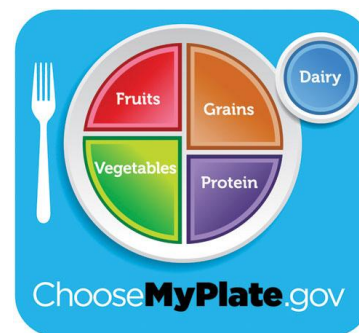
How much salt is there in chicken broth?

1 cup regular chicken broth has 860 milligrams sodium

1 cup reduced sodium chicken broth has 570 milligrams sodium

Use the reduced sodium broth.

The flavor is great and it has a lot less sodium!
Don't add extra salt to your soup.



Choose foods with Less Sodium

A diet high in sodium may lead to high blood pressure, and a risk of heart disease and stroke. Everyone, including kids, should reduce their sodium intake to less than 2300 milligrams of sodium each day (about 1 teaspoon of salt).

Where is the sodium in our food?

10% is the natural sodium in foods.

5 to 10% comes from salt added during cooking or on the table.

75 to 80% is the salt added in food processing by manufacturers.

Most of our sodium comes from processed foods.

Read food labels when shopping.

Choose canned and packaged foods lower in sodium.

Eat smaller amounts of processed foods.

Add flavor without salt

Use more herbs - basil, cilantro, Italian parsley, oregano or thyme.

Add fresh lemon juice to vegetables and salads.

Squeeze lime juice on fish, seafood or chicken.

Use dry Italian herbs in soups, casseroles and stir fry dishes.

Add a bay leaf to soup while cooking.

Enjoy the flavor of food, not salt!

Homemade Gifts

Share the holiday spirit with family and friends.

Create a holiday basket. Add your own special touch - a food that you love, a note about how you use a certain a food, a favorite recipe.

Decorate your basket with a colorful bow!

Holiday Snack Jar

Fill a clear, covered container with healthy snacks. Fill with low fat snack bars, granola bars, small boxes of raisins and other dry fruits, small bags of peanuts and other nuts.

Cookbook

Give a cookbook with healthy, quick and easy recipes. Create your own cookbook - write your favorite recipes in a journal. Select recipes from your childhood. Ask family members for their favorite recipes.

Hot Cocoa Basket

Fill a basket with hot cocoa mixes, flavored tea and festive mugs. Add a couple cloth napkins and spoons.

Garden Can

Fill a watering can with a pair of garden gloves, garden tools and packets of seeds for your favorite gardener. Include a cookbook with recipes using fresh fruits and vegetables.



Taco Basket

Fill a basket with tortillas, cans of refried beans, pinto beans or black beans. Add a jar of your favorite salsa, peppers or seasonings. Include a variety of foods - green salsa, enchilada sauce, bean salsa, or a couple fresh limes.

Winter Fruit Basket

Fill a large basket with fruit. Start with a large pineapple. Add oranges, grapefruit, bananas, lemons or limes. Add some of your favorite dried fruits or nuts.

Kid Basket

Fill a plastic container or small wagon with coloring books, story books, stickers, small toys and a stuffed animal. Include toys that keep a child active during the winter months - balls, jump ropes, toys that a child can push or pull.

Pasta Basket

Fill a basket with different shaped pastas, pasta sauces, breadsticks or a loaf of Italian bread. Include some of the different pastas available - orzo, whole grain spaghetti, alphabet pasta and others. Line the basket with a kitchen towel. Decorate with holiday ribbon.



What can you do?

- Read labels and choose the foods lower in sodium.
- Make the Chicken Orzo soup for my family.
- Create a gift basket for a family member or friend.
- Other: _____