



## Lemon Chicken Quinoa Soup

We all have our favorite chicken noodle soup to soothe a cold or for a cold winter's supper. Of course you can add chia to up the nutrition of your family's favorite soup recipe...

But wouldn't it be absolutely grand to have a cool soup for the summer months too? This soup is high in protein and so refreshing! It's easy to make it a soup and sandwich night at your house.

### Ingredients

2 cups of pre-cooked chicken, shredded  
½ cup quinoa  
1 tablespoon dry chia  
3 cups veggie broth (read label for VERY little salt)  
3 lemons  
1 bunch of spinach, torn into small pieces  
2 large carrots  
½ teaspoon basil  
Black pepper to taste

In a medium sauce pan, place the quinoa and chia in the vegetable broth and bring to a boil. Lower the heat and cook for about 10-12 minutes. This soup is gluten free, too!

While the quinoa is simmering, slice the carrots on the angle, to create bite size rounds, and tear the spinach. Zest 2 of the lemons and juice all 3. If you zest the third lemon too, you can save the zest in the freezer for something else. Lemon zest is loaded with antioxidants, it's great for your health.

Remove the soup base from the heat and add the pre-cooked chicken so that it will warm up from being in the fridge. Once the soup base cools a little, add the carrots, spinach, lemon juice and zest, basil, and a little cracked black pepper. If you want to be a bit "fancy" you can save thin slices of the lemon to float on top. This soup is meant to be served either cool or warm. You don't want to eliminate the vitamin C in the lemon. Hurray! Soups ready!

Quinoa is great for you!

There are no noodles in this soup...quinoa is hearty and provides texture instead. But did you know that it also has all 9 essential amino acids, is high in magnesium, has great fiber, the trace mineral manganese as well as vitamin B2? Quinoa does it all in a pleasant and mild tasting, easy to use, gluten free package. Now, chicken soup can be even better for you!