Farm Market

Easy Italian Wedding Soup

Ingredients:

    4 tablespoons extra-virgin olive oil, divided
    1⅓ cups chopped yellow onion
    ⅔ cup chopped carrot
    ⅔ cup chopped celery
    2 tablespoons minced garlic
    6 cups unsalted chicken broth
    6 ounces orzo, preferably whole-wheat
    1½ tablespoons chopped fresh oregano
    ½ teaspoon kosher salt
    24 cooked chicken meatballs (12 ounces),
        such as Easy Italian Chicken Meatballs (see recipe on back)
    4 cups baby spinach
    ¼ cup grated Parmesan cheese

Directions:

1. Heat 1 tablespoon oil in a large pot over medium-high heat. Add onion, carrot, celery and garlic; cook, stirring occasionally, until the onion is translucent, 4 to 5 minutes. Add broth, cover and bring to a boil. Add orzo, oregano and salt; cover and cook, stirring occasionally, until the orzo is just tender, about 9 minutes.

2. Stir in meatballs and spinach; cook until the meatballs are heated through and the spinach is wilted, 2 to 4 minutes. Serve sprinkled with cheese and drizzled with the remaining 3 tablespoons oil.

Nutrition Facts:

Serving Size: 1½ cups
415 calories; total fat 19g 29% DV; saturated fat 4.7g; cholesterol 101mg 34% DV; sodium 728mg 29% DV; potassium 681mg 19% DV; carbohydrates 36.1g 12% DV; fiber 3.7g 15% DV; sugar 5g; protein 25.8g 52% DV; exchange other carbs 3; vitamin a iu 5270IU; vitamin c 20mg; folate 23mcg; calcium 165mg; iron 3mg; magnesium 68mg. Exchanges: 2 fats, 1½ lean protein, 1½ starch, 1½ vegetable, ½ medium-fat protein

Recipe from eatingwell.com

Easy Italian Chicken Meatballs

Ingredients:

¾ cup fresh breadcrumbs
¼ cup low-fat milk
1 large egg, lightly beaten
⅓ cup finely grated Parmesan cheese
¼ cup finely chopped flat-leaf parsley
2 large cloves garlic, grated
½ teaspoon ground pepper
1 (3½ ounce) spicy Italian chicken sausage link, casing removed
12 ounces ground chicken

Directions:

1. Position a rack in the oven 8" from the heat source; preheat broiler to high. Lightly coat a rimmed baking sheet with cooking spray.

2. Combine breadcrumbs and milk in a medium bowl; let stand for 10 minutes.

3. Stir egg, cheese, parsley, garlic and pepper into the breadcrumb mixture. Break sausage into small pieces. Add the sausage and chicken to the breadcrumb mixture, gently mixing until just combined.

4. Form the mixture into 24 meatballs, about 1 tablespoon each. Arrange the meatballs on the prepared baking sheet. Broil until an instant-read thermometer inserted in the center of a meatball registers 165° F, 9 to 10 minutes.

Nutrition Facts:

Serving Size: 6 meatballs
237 calories; total fat 12.3g 19% DV; saturated fat 4.1g; cholesterol 147mg 49% DV; sodium 498mg 20% DV; potassium 527mg 15% DV; carbohydrates 7.5g 2% DV; fiber 1g 4% DV; sugar 1g; protein 24.5g 49% DV; exchange other carbs 1; vitamin a iu 509IU; vitamin c 7mg; folate 14mcg; calcium 103mg; iron 2mg; magnesium 26mg. Exchanges: 2 lean protein, 1 medium-fat protein, ½ starch

Recipe from eatingwell.com