

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



**Egg-Drop Soup
Makes 1 serving**

This is a great soup to have during Stage 2 of post-bariatric surgery. Start with a flavorful broth, strain it, and stir in the egg whites.

Ingredients:

1 ½ cup fat-free, low sodium chicken broth
1 thin slice fresh ginger
A few sprigs of fresh cilantro
1 teaspoon chopped onion **or** ½ scallion
½ clove garlic, smashed
1-2 drops sesame oil
1/8 teaspoon low-sodium soy sauce
2 egg whites, slightly beaten

Directions:

1. In a small sauce pot, place chicken broth, ginger, cilantro, onion, sesame oil, and soy sauce. Bring to a boil, then reduce heat and simmer 10 minutes. Remove from heat.
2. Drain the broth and discard the vegetables. Place the broth back in the pot.
3. Heat the broth to a simmer. Slowly add the beaten egg whites while stirring the broth. Serve immediately

Nutritional Information per serving:

Calories: 45	Carbohydrates: 1g
Total Fat: 0.5g	Cholesterol: 0mg
Saturated Fat: 0g	Dietary Fiber: 0g
Sodium: 400mg	Protein: 8g