

**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 4 servings**

Ingredients:

4 cups low-sodium chicken broth, plus 2 tablespoons
½ teaspoon fresh grated ginger
1 tablespoon soy sauce
1 tablespoon cornstarch
2 eggs, lightly beaten
2 green onions, chopped
¼ teaspoon sesame oil (optional)
Salt and white pepper to taste

Directions:

Bring broth, ginger, and soy sauce to a boil in a medium stock pot. In a small bowl, combine cornstarch with 2 tablespoons of chicken broth; stir until dissolved. Slowly whisk cornstarch mixture into broth. Reduce heat to simmer. Slowly pour the beaten eggs into the soup while stirring. Remove from heat. Stir in green onions and sesame oil if using. Season with salt and pepper. Serve.

Nutritional Information per serving:

Calories: 78	Carbohydrates: 2g
Total Fat: 2g	Cholesterol: 118mg
Saturated Fat: 1g	Dietary Fiber: 0g
Sodium: 310mg	Protein: 8g