

Gingery chicken noodle soup

Serves 8

Ingredients

3 ounces dried soba noodles
1 tablespoon olive oil
1 large yellow onion, chopped
1 tablespoon peeled and minced fresh ginger
1 carrot, peeled and finely chopped
1 clove garlic, minced
4 cups chicken stock or broth
2 tablespoons reduced-sodium soy sauce
1 pound skinless, boneless chicken breasts, chopped
1 cup shelled edamame
1 cup plain soy milk (soya milk)
1/4 cup chopped fresh cilantro (fresh coriander)

Directions

Bring a saucepan 3/4 full of water to a boil, add the noodles and cook until just tender, about 5 minutes. Drain and set aside until needed.

In a large saucepan, heat the olive oil over medium heat. Add the onion and saute until soft and translucent, about 4 minutes. Add the ginger and carrot and saute for 1 minute. Add the garlic and saute for 30 seconds; don't let the garlic brown. Add the stock and soy sauce and bring to a boil. Add the chicken and edamame and return to a boil. Reduce the heat to medium-low and simmer until the chicken is cooked and the edamame are tender, about 4 minutes. Add the soba noodles and soy milk and cook until heated through; don't let boil.

Remove from the heat and stir in the cilantro. Ladle into warmed individual bowls and serve immediately.

8 Servings @ 4 Points each

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