



Nutrition Facts

Serving Size	1 12th recipe
Amount Per Serving	
Calories	340
% Daily Value	
Total Fat	11g17%
Saturated Fat	5g25%
Cholesterol	25mg8%
Sodium	1270mg53%
Total Carbohydrate	46g15%
Dietary Fiber	4g16%
Protein	13g26%
Vitamin A	%Vitamin C
Calcium	%Iron



Total Time
**NOT
AVAILABLE**

Serving Size
1 12TH RECIPE

Difficulty
EASY

Yields
12

INSTRUCTIONS

1. Prepare soup with water as directed.
2. Stir orzo into soup; bring to simmer. Cook for 3 to 5 minutes or until heated through. Stir in spinach; cook for 2 to 3 minutes or until wilted. Stir in lemon zest and lemon juice.



Tip

For each portion, ladle 1 1/3 cups (330 mL) into bowl; garnish with 1 tbsp (15 mL) feta cheese and 1 tsp (5 mL) dill.