



Nutrition Facts

Serving Size 1 12th recipe

Amount Per Serving

Calories 340

% Daily Value

Total Fat 11g **17%**

Saturated Fat 5g **25%**

Cholesterol 25mg **8%**

Sodium 1270mg **53%**

Total Carbohydrate 46g **15%**

Dietary Fiber 4g **16%**

Protein 13g **26%**

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.