

Garlic Cilantro Soup

Serves 4

2 cups whole wheat (90g) bread, cut into ½ inch cubes
2 tablespoons extra virgin olive oil
freshly ground pepper
1 teaspoon white wine vinegar
3 garlic cloves, finely minced
5 cups low-sodium chicken stock
4 eggs
5 cups packed with fresh cilantro leaves

1. Pre-heat the oven to 350°F. Place the bread cubes in a bowl and drizzle 1 tablespoon of olive oil on top. Season with pepper and toss. Toast in the oven until it just begins to get crunchy, about 15 minutes, mixing once during baking time. Remove from the oven and reserve.
2. Prepare a bowl of iced water. Bring a pot of water to a simmer. Add the vinegar and mix well. Break each egg into a cup or ramekin, and gently pour the egg from the bowl into the simmering water, coming as close as you can to the water. Poach the eggs until the whites are set but the yolks remain runny, about 3 minutes. Using a slotted spoon, remove each egg from the simmering water and transfer to the iced water bath for just a few minutes. Transfer to a plate lined with paper towels. Cover loosely with foil.
3. In a pot, warm the remaining 1 tablespoon of olive oil and add the garlic; cook over low heat until it just starts to get golden and develops a fragrance, about 3 minutes. Add the chicken stock and stir slowly with a wooden spoon. Season with pepper. Add the cilantro leaves just when ready to serve.
4. Distribute the cubed bread and egg among each soup bowl, ladle the soup on top and serve.

Nutritional Facts		
Serving Size: 1/4 of recipe		
Amount Per Serving		
Calories: 233		
Total Fat	13	g
Saturated Fat	3	g
Cholesterol	192	mg
Sodium	345	mg
Total Carbohydrate	14	g
Sugar	3	g
Dietary Fiber	2	g
Protein	15	g