



**THE OHIO STATE UNIVERSITY**

COLLEGE OF FOOD, AGRICULTURAL,  
AND ENVIRONMENTAL SCIENCES

**Clermont County Extension**

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## Recipe of the Month— January 2016

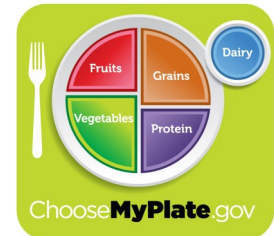
### Our Favorite Chicken Noodle Soup

Serves 6

Serving Size: 1½ cup

#### Ingredients:

- 2 chicken leg quarters
- 6 cups water
- 1 Tablespoon dried parsley
- 1 Tablespoon Italian seasoning
- 1 teaspoon pepper
- ½ teaspoon salt
- ½ cup chopped celery (about 1 rib)
- ½ cup chopped onion (about ½ onion)
- 2 cups sliced carrots (about 4 carrots)
- 2 cups whole grain wide egg noodles (2.5 ounces)



Make MyPlate Your Plate

#### Directions:

1. Put chicken and water in a large stock pot. Bring water to a simmer (slow boil). Cook until chicken reaches 165°F (10-15 minutes.)
2. While chicken is cooking, clean and chop vegetables.
3. Take chicken out of water with tongs and fork. Cool in refrigerator about 5 to 10 minutes.
4. Add parsley, Italian seasoning, pepper, salt, celery, onion, and carrots to the pot of hot water.
5. Once chicken is cool enough to handle, remove bones and skin from chicken and discard. Cut meat into bite-sized pieces and add to the pot of hot water. Bring to a boil.
6. When water is boiling, add noodles. Cook according to package directions or about 5 minutes.

**NUTRITION FACTS PER SERVING:** 280 calories, 4.5 g total fat (1g sat. fat), 80 mg cholesterol, 350 mg sodium, 32 g carbohydrates, 5 g fiber, 3 g sugar, 27 g protein

*Recipe compliments of Iowa State University Extension:  
Healthy & Homemade Meals 2016 Nutrition & Fitness Calendar*