

## ***Chicken Noodle Bowl with Herbs***

### **INGREDIENTS**

4 ounces egg noodles

4 cups chicken broth

2 to 3 cups fresh vegetables in bite-size pieces,  
such as asparagus, broccoli, red pepper, carrot or zucchini

8 ounces boneless, skinless chicken breast, cut in thin strips

4 teaspoons fresh lemon juice

2 teaspoons sugar

1/2 cup snipped or chopped herbs

(try a mix of basil, cilantro and mint; or a mix of dill, mint and parsley)



Bring the chicken broth to a boil in a large saucepan. Bring another pot of salted water to the boil.

Stir the egg noodles into the boiling water.

Add the vegetables to the broth and cook at a low boil for 2 minutes. Stir the chicken breast strips into the broth and lower the heat so that the soup barely simmers. Cook another 2 minutes or until the chicken is cooked through.

Stir in the lemon juice and sugar. Taste and add salt, if needed.

When the noodles are tender but still firm, drain them and add them to the soup. Stir in the herbs. Ladle into bowls and serve right away.

4 Servings

*Created for the AeroGarden by award-winning chef and author, Jerry Traunfeld*