

**BRAIN HEALTHY COOKING FOR ONE**

*the Italian*

# STRACCIATELLA (EGG DROP SOUP)

4 CUPS Chicken Broth  
1 large Egg  
4 TSP finely grated, lightly packed Parmesan cheese  
1 TBSP Panko Breadcrumbs  
Pinch of Black Pepper  
A handful of Spinach leaves, cut into 1/2-inch ribbons (can also use Chard, Arugula, Sorrel, or any tender green)

1. Place broth in a 2-quart saucepan and bring to a simmer.
2. In a medium bowl whisk together the egg, Parmesan cheese, breadcrumbs, and black pepper.
3. Once the broth is simmering, stir in the cut spinach.
4. Pour/scrape the cheese egg mixture, stir the egg mixture into the soup. Make sure the spoon is in motion when pouring the egg mixture into the soup.
5. Cook at a gentle simmer for another minute.

Taste the soup and add more salt and pepper if you wish. Serve immediately.

*Save your leftovers for another day.*

