



## **Swimsuit-Ready in 20 Days: Lunch Recipes**

### **Chicken and Rice Miso Soup**

- 4 cups fat-free chicken broth
- 2 ounces skinless, boneless chicken breast
- 2 tablespoons miso paste or instant miso soup
- 1¾ cups cooked brown rice
- 1 cup thinly sliced scallions

Combine the chicken broth, chicken breast, and miso paste or miso soup packet. Simmer about 20 minutes or until the chicken breast is no longer pink. Remove the chicken breast from the broth and dice it into small pieces.

Add the brown rice and the diced chicken to the soup and cook for 2 minutes.

To Serve: Ladle the soup into bowls and garnish with scallions

Serves: 2