Healthy Cooking – Session 5  
August 16, 2020

Chicken soup made with skinless chicken thighs and legs  
Recipe by Alicia Lusardi of Gym Kelly Fitness

Ingredients (serving size of 4):

1 pack of chicken thighs (with bone; about 1.5 to 2.0 pounds) 
1 pack of chicken legs (about 1.5 to 2.0 pounds) 
5 cloves of garlic 
1/2 to 1 whole large yellow onion 
Olive oil 
1 bunch of fresh parsley 
1 bay leaf 
Garlic powder 
Onion powder 
Dried oregano 
2 to 4 stalks of celery 
1/2 to 1 bag of baby carrots 
1 bulb of anise fennel 
1/2 container of Cherubs® cherry tomatoes 
64 to 96 ounces of low-sodium chicken broth (2 to 3 32-ounce containers) 
1 head of cauliflower 
4 zucchinis 
1 9-ounce bag of baby spinach