

# Simple Risotto

4 cups	chicken broth	1 L
¼ cup	finely chopped onion	50 mL
1 tbsp	olive oil	15 mL
1 cup	arborio rice or other Italian short-grain rice	250 mL
¼ cup	dry white wine	50 mL
3 tbsp	grated Parmesan cheese	45 mL
	Freshly ground black pepper	

1. In a large covered saucepan, bring chicken broth to a boil.
2. Meanwhile, in a large saucepan over medium heat, cook onion in oil for about 5 minutes or until tender but not browned, stirring frequently. Stir in rice; cook until all grains are coated, about 1 minute. Add wine and cook until almost evaporated. Add ½ cup (125 mL) of the hot chicken broth.
3. Cook, stirring gently with a wooden spoon, until almost all liquid has been absorbed. Continue adding chicken broth in ½-cup (125 mL) amounts until all broth has been used, stirring constantly. This technique will require about 22 minutes total cooking time. The rice will be creamy, moist and tender but firm. Remove from heat; stir in Parmesan cheese. Add freshly ground pepper to taste.

## PER SERVING

Calories: 131

Dietary Fiber: 1 g	Carbohydrate: 18 g
Fat: 4 g	Protein: 6 g



## SERVES 6

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Brenda Sledzinski

*There are many variations on risotto, a creamy Italian rice dish made with short-grain arborio rice. Risotto can be served as a one-dish main course with the addition of seafood, meat or vegetables, or as a sophisticated side dish.*

### TIP

While adding the chicken broth, be careful to stir gently so rice kernels do not break up and become mushy. As a timeline guide, when you add the first quantity of chicken broth, set a timer for 22 minutes.

### DIETITIAN'S MESSAGE

This risotto makes an excellent accompaniment to such dishes as Poached Beef Tenderloin (see recipe, page 248), Sesame Steak (see recipe, page 251), Cajun-Style Turkey Cutlet with Citrus (see recipe, page 299) and Cedar-Baked Salmon (see recipe, page 305). Start the meal with a soup such as Iced Tomato Soup (see recipe, page 98), serve a tossed green salad, and skip dessert.