

Risotto



Serves 6

Ingredients:

- 1½ cups Italian Arborio rice
- 2 tbsp olive oil
- 1 red onion, finely chopped
- ½ cup mushrooms, chopped
- 1 bay leaf
- 1 cup sweet white wine
- 5 cups water
- 1 tsp vegetable bouillon
- 1 cup Parmesan cheese
- ½ cup fresh parsley, chopped

Procedure:

- In a large pan, sauté the rice in olive oil for 2 minutes, coating the grains completely.
- Add the red onion, mushrooms, bay leaf, and wine.
- As the rice cooks, add 4 cups of the broth.
- Add a little more water if needed.
- When the rice is al dente, stir in the parmesan cheese.
- Sprinkle with the chopped parsley, and serve.

Per serving:

- Calories: 245
- Protein: 9 gm
- Carbohydrates: 28 gm
- Fat: 9 gm

You could substitute the Italian Arborio rice with long grain rice.