



# Basic Risotto

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Makes 3 servings  
Serving size: 1/3 cup  
Protein per serving: 0.5 g  
Calories per serving: 177

## Ingredients:

- 1 TBSP Olive Oil
- 2 TBSP Diced Raw Onions
- 1 clove(s) Garlic, minced
- 80 g Cambrooke Short Grain Rice, dry
- 1/4 c White Wine, optional, replace with extra broth if desired
- 1 c Vegetable Broth
- 1/2 tsp Italian Seasoning, McCormick or other
- 14 g Follow Your Heart Parmesan Style Shredded

## Instructions:

1. Preheat the olive oil in a skillet over medium heat. Once heated, add the onions and sauté until translucent. Add the garlic and the short grain rice and stir to allow the rice to toast a little. You can add little more olive oil if necessary.
2. Now we add the white wine or 1/4 cup broth if not using wine. We want the rice to absorb the liquid, but be sure to continuously stir the rice to avoid sticking to the pan. Since the rice has a lot of starch it can easily stick to the pan.
3. Once the liquid has reduced and been absorbed add half of the broth to the pan and repeat step 2. Then add the rest of the broth and repeat step two. The rice is ready when it is tender and not firm. Remove from heat and stir in the Italian seasoning and Parmesan cheese. Season with salt and pepper as desired. Serve immediately.

## Notes:

This can be saved and reheated. To reheat, I would add a little extra liquid to the rice before reheating.