


Microwave Risotto

 10 minutes preparation + 25 minutes cooking (includes standing time).

 7 serves of vegetables

There is no need to stir constantly with this recipe

INGREDIENTS

- 1 brown onion, chopped
- 2 teaspoons olive oil
- 1 cup Arborio rice
- ½ cup white wine (optional)
- 2 ½ cups chicken or vegetable stock
- 1 cup sweet corn kernels, fresh or canned
- 1 cup frozen peas
- 1 cup cooked chicken, diced
- 1 tablespoon grated Parmesan cheese



DIRECTIONS

Combine onion and oil in a microwave-safe container. Microwave on HIGH (100%) for 3 minutes. Add rice, wine and stock and microwave, covered, for 12 minutes on HIGH (100%). Stir well then add corn, peas and chicken. Cover and microwave on HIGH (100%) for 8 minutes. Allow to stand for 2 minutes. Stir and sprinkle with cheese. Serves 4.

VARIATION

The white wine can be replaced with water.
Substitute 2 cups cooked, cubed butternut pumpkin for corn.
When asparagus is in season, chop 6 stems into short lengths and add with the peas and chicken.

WHAT IS A SERVE?

Fruit



1 medium piece
(e.g. apple)

2 small pieces
(e.g. apricots)

1 cup chopped
or canned fruit

Vegetable



½ cup cooked
vegetables or cooked
legumes

1 medium
potato

1 cup salad
vegetables



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