Recipe of the Month – July 2021

Brown Rice “Risotto”
Serves 4
Serving Size: ½ cup
Cost per Serving: $0.51

Ingredients:
½ teaspoon oil (canola, olive, or vegetable)
½ cup onion, diced
1 clove garlic, minced, or ½ teaspoon garlic powder
¼ teaspoon ground black pepper
¾ cup reduced sodium chicken broth
¼ cup water
¾ cup instant brown rice
¾ cup frozen peas
1 Tablespoon lemon juice
1 Tablespoon butter
2 Tablespoons parmesan cheese (grated, ground, or shredded)

Directions:
1. Heat oil in a medium sized saucepan over medium heat. Add onion, garlic, and ground black pepper. Sauté for 2 minutes.
2. Add chicken broth, water, and brown rice to the skillet. Bring to a simmer. Reduce heat to medium low, cover, and cook for 5 minutes.
3. Stir in frozen peas. Cover and cook for 5 minutes more.
4. Stir in lemon juice, butter, and parmesan cheese. Cook, uncovered, for 4 to 5 minutes, stirring continuously until thickened.

Tips:
• Substitute a favorite frozen or canned vegetable for the frozen peas.
• For a one-pot meal, stir in fully cooked chicken, fish, ham or shrimp at Step 3.

Nutrition Facts per Serving: 140 calories, 6g total Fat (2.5g sat. fat), 10mg Cholesterol, 200mg Sodium, 19g Carbohydrates, 2g Fiber, 2g Sugar, 4g Protein

Recipe compliments of Iowa State University Extension and Outreach:
Healthy & Homemade 2021 Nutrition & Fitness Calendar

Clermont County Extension
COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES
1000 Locust Street, PO Box 670
Owensville, OH 45160
Phone: 513-732-7070