

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*

