



Baked Risotto Primavera Provided by EatingWell.com



This updated spring classic calls for nutty-tasting short-grain brown rice instead of the traditional white arborio. Because the cooking time is longer with whole-grain rice, this risotto is cooked in the oven rather than on the stovetop, eliminating the need for almost constant stirring.

- 1 tablespoon extra-virgin olive oil
- 2 medium onions, chopped (about 1 1/2 cups)
- 1 cup short- or medium-grain brown rice, (see Ingredient note)
- 3 cloves garlic, minced
- 1/2 cup dry white wine
- 2 14-1/2-oun reduced-sodium chicken broth, or
3 1/2 cups vegetable broth
- 8 ounces asparagus, ends trimmed, cut into 1-inch pieces (2 cups)
- 1 cup sugar snap peas, or snow peas, trimmed, cut into 1-inch pieces
- 1 cup diced red bell pepper, (1 medium)
- 1 1/2 cups freshly grated Parmesan cheese, (3 1/2 ounces)
- 1/4 cup chopped fresh parsley
- 1/4 cup chopped fresh chives
- 1-2 teaspoons freshly grated lemon zest
- Freshly ground pepper, to taste

COOKING DIRECTIONS

Step 1 Preheat oven to 425 degrees F.

Step 2 Heat oil in a Dutch oven or ovenproof high sided skillet over medium heat. Add onions and cook, stirring occasionally, until softened, 3 to 5 minutes. Stir in rice and garlic; cook, stirring, 1 to 2 minutes. Stir in wine and simmer until it has mostly evaporated. Add broth and bring to a boil. Cover the pan and transfer to the oven.

Step 3 Bake until the rice is just tender, 50 minutes to 1 hour.

Step 4 Shortly before the risotto is done, steam asparagus, peas and bell pepper until crisp-tender, about 4 minutes. Step 5 Fold the steamed vegetables, Parmesan, parsley, chives, lemon zest and pepper into the risotto. Serve immediately.

RECIPE TIPS Ingredient Note: Use short- or medium-grain brown rice, available in natural-foods stores and large supermarkets, to achieve the characteristic creamy risotto texture. Lundberg Family Farms (www.lundberg.com) sells an excellent short-grain brown rice. Another source is dannysorganic.com.

Serves 6 Prep Time 25 min. Total Time 70 min. **NUTRITION INFO**

Per serving Calories: 267 Carbohydrates: 35g Fat: 8g Protein: 12g Dietary Fiber: 4g Saturated Fat: 3g Monounsaturated Fat: 3g Cholesterol: 11mg Potassium: 458mg Sodium: 607mg Exchanges: 1 1/2 starch, 1 1/3 vegetable, 1 lean protein, 1/2 fat Carbohydrate Servings: