



## Cornell Health & Nutrition Balanced Choices for Life

### Recipes

#### Dinner: Basic Risotto

Serves 8

#### Ingredients

- 2 tablespoons unsalted butter
- 1 small yellow onion, finely chopped
- 2 cups Arborio rice
- 1 cup dry white wine
- 4 cups low-sodium chicken broth
- 1 cup grated parmesan cheese
- 1 teaspoon kosher salt
- ¼ teaspoon black pepper

#### Directions

1. Melt the butter in a large sauce pan over medium heat. Add the onion and cook for 3 minutes.
2. Add the rice and cook, stirring constantly until slightly browned – about 2 minutes. Reduce heat to medium low.
3. Add the wine and cook, stirring frequently, until the liquid is absorbed.
4. Add the broth, ½ cup at a time, stirring occasionally and waiting until it is absorbed before adding more. It should take about 30 minutes.
5. Remove from heat and stir in the parmesan, salt and pepper. Spoon into individual bowls.

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