



Cornell Health & Nutrition Balanced Choices for Life

Recipes

Dinner: Risotto with Chicken and Arugula

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
4 cups arugula
Shredded white meat from a store bought rotisserie chicken (or any leftover chicken breast meat) – about 1 lb.
1 cup grated parmesan cheese
½ 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. Stir in the arugula and shredded chicken and cook, stirring, until heated through – about 2 minutes.
6. Remove from heat and stir in the parmesan, salt, pepper and pesto. Spoon into individual bowls.

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3332 West Foster Avenue/Suite 188/Chicago IL 60625
773.427.6630 / natalie@cornellhealthandnutrition.com
www.cornellhealthandnutrition.com