



Cornell Health & Nutrition Balanced Choices for Life

Recipes

Dinner: Risotto with Prosciutto and Peas

Serves 4 as meal

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 cup frozen peas, thawed
- 4 oz thinly sliced prosciutto, cut into 1 inch pieces
- 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, peas, prosciutto, salt and pepper. Let sit for 3-4 minutes to let the peas warm up. Spoon into individual bowls.

© 2009 Cornell Health and Nutrition