



Cornell Health & Nutrition Balanced Choices for Life

Recipes

Dinner: Risotto with Roasted Tomatoes

Serves 8

Ingredients

3 cups grape or cherry tomatoes
2 tablespoons olive oil
½ teaspoon salt
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
2 teaspoons fresh thyme

Directions

1. Pre-heat the oven to 350 degrees.
2. Place the tomatoes in a single layer on a rimmed baking sheet. Drizzle with olive oil and salt. Roast until softened, about 45 minutes. Set aside and let cool for 10 minutes.
3. Melt the butter in a large sauce pan over medium heat. Add the onion and cook for 3 minutes.
4. Add the rice and cook, stirring constantly until slightly browned – about 2 minutes. Reduce heat to medium low.
5. Add the wine and cook, stirring frequently, until the liquid is absorbed.
6. 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.
7. Remove from heat and stir in the parmesan, salt and pepper. Add the tomatoes and fresh thyme. Spoon into individual bowls.

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