

Mushroom Risotto

Serving Size: 1/6 of recipe

Serves: 6

Ingredients

1 tablespoon olive oil
1 small onion, finely chopped
¼ cup minced carrot
¼ cup minced celery
1 cup sliced fresh mushrooms
1 tablespoon minced fresh parsley
1 clove garlic, sliced
a pinch of salt
pepper to taste
1 cup skim milk
¼ cup fat free half and half
1 cup Arborio rice (risotto)
5 cups low sodium vegetable stock
1 teaspoon unsalted butter
½ cup grated Parmesan cheese

Directions

Heat olive oil in a large skillet over medium-high heat. Sauté the onion until tender. Stir in the carrot and celery and sauté for 1 minute. Add the mushrooms, parsley, garlic, salt, and pepper and cook until the mushrooms are tender.

Pour the milk and half and half into the skillet, and stir in the rice. Heat to simmer. Stir the vegetable stock into the rice one cup at a time, until it is absorbed.

When all of the liquid is absorbed, stir in the butter and Parmesan cheese, and remove from heat. Serve hot.

Exchanges per serving:

2 Carbohydrate Choices, 1 Vegetable, 1 Fat

Nutrients per serving:

Calories: 227

Calories from fat: 50

Total Fat: 6g

Saturated Fat: 2g

Cholesterol: 10mg

Sodium: 297mg

Carbohydrate: 35g

Dietary Fiber: 2g

Protein: 8g