

# Creamy Corn and Garlic Risotto

## Recipe of the Month – July 2013



Enjoy this cheesy garlic and corn flavored risotto main dish that's ready in 25 minutes. Perfect for rice lovers!

**Prep Time:** 5 Min

**Start to Finish:** 25 Min

**Makes:** 4 servings

### INGREDIENTS

2 cups reduced-sodium chicken broth  
2 cups water  
4 cloves garlic, finely chopped  
1 cup uncooked Arborio or regular medium-grain white or brown\* rice  
3 cups Frozen whole kernel corn  
1/2 cup grated Parmesan cheese  
1/3 cup shredded mozzarella cheese  
1/4 cup chopped fresh parsley

### DIRECTIONS

1. Heat 1/3 cup of the broth to boiling in 10-inch skillet. Cook garlic in broth 1 minute, stirring occasionally. Stir in rice and frozen corn. Cook 1 minute, stirring occasionally. (Use fresh corn cut from the cob if available.)
2. Stir in remaining broth. Heat to boiling; reduce heat to medium. Cook uncovered 15 to 20 minutes, stirring occasionally, until rice is tender and creamy; remove from heat.
3. Stir in cheeses and parsley.

**Recipe Provides:** Dairy 1/2c, Grains 2oz-equivalents, Vegetables 3/4c

### NUTRITION INFORMATION PER SERVING

<b>Serving Size:</b>	1 Serving	<b>Calories:</b>	390	<b>Calories from Fat:</b>	60
<b>Total Fat:</b>	7 g	<b>Saturated Fat:</b>	3 ½ g	<b>Cholesterol:</b>	15 mg
<b>Sodium:</b>	570 mg	<b>Total Carbohydrate:</b>	66 g	<b>Dietary Fiber:</b>	3 g
<b>Sugars:</b>	5 g	<b>Protein:</b>	16 g		



This recipe adapted from [WWW.eatbetterearly.com](http://WWW.eatbetterearly.com)