

# CORN RISOTTO

## WITH Tomatoes & SPINACH



### WAC Fun Food Fact

This recipe is a perfect example of how to add bulk and nutritional value to a meal with vegetables. Try to keep it colorful by varying the vegetables you add.

This will help you “cover all of your nutritional bases.”

### INGREDIENTS *6 servings*

- 5 cups low-sodium chicken broth
- 2 tablespoons unsalted butter
- ¾ cup minced shallots
- 2 cloves garlic, minced
- 1½ cups arborio rice
- ¾ teaspoon salt
- ¼ teaspoon ground pepper
- ½ cup dry white wine
- 1½ cups corn, thawed if frozen
- 1½ cups baby spinach
- ¾ cup chopped tomatoes
- 5 tablespoons grated Parmesan cheese, plus more for garnish
- ¼ cup chopped fresh basil

#### Nutrition Information

Serving size: 1 cup

Per serving: 325 calories; 7 g fat(4 g sat); 4 g fiber; 53 g carbohydrates; 12 g protein; 4 mcg folate; 14 mg cholesterol; 5 g sugars; 0 g added sugars; 1,425 IU vitamin A; 12 mg vitamin C; 76 mg calcium; 2 mg iron; 447 mg sodium; 423 mg potassium

Nutrition Bonus: Vitamin A (28% daily value), Vitamin C (20% dv)

Carbohydrate Servings: 3½ Exchanges: 3 starch, 1 vegetable, 1 fat

### PREPARATION

- 1** Heat broth in a medium saucepan over medium-low heat until steaming.
- 2** Melt butter in a large pot over medium heat. Add shallots and cook, stirring occasionally, until softened, about 2 minutes. Add garlic and cook, stirring, for 1 minute. Add rice, salt and pepper and cook, stirring frequently, until the rice begins to turn translucent, about 1 minute.
- 3** Add wine and cook, stirring constantly, until it has evaporated, about 1 minute. Add 1 cup of the hot broth and cook, stirring occasionally, until the liquid is absorbed, 1 to 2 minutes. Continue adding the broth, ½ cup at a time, stirring frequently and waiting until it has been absorbed before adding more, until you've added all the broth, about 20 minutes.
- 4** Add corn, spinach and tomatoes and stir until the spinach is wilted, about 1 minute. Remove from heat; stir in Parmesan. Serve the risotto topped with basil and more cheese, if desired.



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Recipe of the Month | **JUNE**