



# Chicken Risotto

A RECIPE BY SUSAN MORICONI

## ingredients

- 1 1/4 Cups Arborio rice
- 1T. olive oil
- 1T butter
- 1/2 onion diced
- 1/4 tsp cracked black pepper
- 4 C SODIUM-FREE Chicken broth
- 1 chicken flavored bouillon cube
- 1/2 C freshly grated parmesan cheese, divided
- 1 C. cooked chicken pieces--Rotisserie chicken leftovers work great for this meal
- 3 oz Pinot Grigio
- your favorite simple red sauce
  - ( I prefer homemade)

## tips and tricks

1. keeping the broth warm but not boiling allows rice to absorb moisture consistently
2. using low sodium broth allows for the salt from the meat (usually quite salty from store already if you are using leftover rotisserie chicken) and cheese to season the dish without making it too salty

## directions

- 1. In a separate pot, heat the chicken broth and bouillon.
- 2. Sauté onions in oil and butter in a large saucepan.
- 3. Add rice and stir into a thin layer along the bottom of the pan. Sauté 3 minutes.
- 4. Add wine and stir until it is absorbed.
- 5. Begin adding warmed broth in 1/2 C increments stirring constantly and reducing the heat to prevent boiling the rice.
- 6. STIR, STIR, STIR
- 7. As the broth is absorbed into the rice, add additional portions of broth, repeating steps 5/6 This will take approximately 30 minutes.
- 8. As you are nearing the end of the warm broth, heat the chicken pieces in the broth.
- 9. Add pepper to risotto pot.
- 10. When rice is no longer al dente, add 1/4 C of cheese to risotto pot.
- 11. Stir in the warm chicken pieces and remaining broth and stir until broth is absorbed.
- 12. Serve topped with warmed red sauce and remaining cheese.
- 13. Drink the rest of the wine with dinner and enjoy! Buon Appetito!