



Nutrition Facts	
Per serving	
<b>Calories 390</b>	%DV*
<b>Fat 16g</b>	21%
Saturated 10g	50%
+ Trans 0.5g	
<b>Carbohydrates 46g</b>	
Fibre 3g	11%
Sugars 7g	7%
<b>Protein 16g</b>	
<b>Cholesterol 45mg</b>	
<b>Sodium 640mg</b>	28%
Potassium 491mg	10%
Calcium 318mg	25%
Iron 1mg	6%

\*5% or less is a little, 15% or more is a lot  
 1% milk and vegetable broth used in analysis

## Easy Creamy Microwave Risotto

*This risotto recipe is a cooked milk dish that demonstrates the use of a microwave. What adjustments should be made when using a microwave instead of an oven to cook a milk dish?*

**Prep time:** 10 minutes

**Cooking time:** 35 minutes

**Yields:** 4 servings

### Ingredients

- 2 tbs (30 ml) butter
- ½ cup (125 ml) thinly sliced green onions
- 1 garlic clove, minced
- 1 cup (250 ml) Arborio or Italian-style rice
- 2 ½ cups (625 ml) low sodium broth
- 1 cup (250 ml) milk
- 2 cups (500 ml) chopped broccoli
- 1 cup (250 ml) grated carrot
- 1 cup (250 ml) shredded aged cheddar cheese
- Fresh ground black pepper to taste
- Grated Parmesan cheese and fresh chopped parsley, optional

### Instructions

1. Melt butter in a deep 2 quart (2 L) microwave safe dish on high for about 20 seconds or until melted.
2. Add onion and garlic, and stir to coat. Cook uncovered on high for 2 to 3 minutes or until onion is softened.
3. Add rice, broth and milk, and stir. Cook uncovered on high for 20 minutes. Stir halfway through cooking.
4. Add broccoli, carrot and broth, and stir. Cook uncovered on high for 5 to 7 minutes or until rice and broccoli are tender.
5. Stir in pepper and cheddar cheese. Cover and let stand for 5 minutes. Sprinkle with Parmesan cheese and parsley if desired.

Adapted from Alberta Milk *Easy Creamy Microwave Risotto*