

Side Dishes

Fresh Corn Risotto

Publix Apron's Simple Meals

Servings: 6

Preparation Time: 5 minutes

Start to Finish Time: 40 minutes

4 ears fresh corn

1 box (32 oz) reduced-sodium vegetable broth

1 cup Arborio or risotto rice

1 cup fresh onions, diced

2 tablespoons unsalted butter

1/2 teaspoon dried basil

2 tablespoons grated Parmesan cheese

Remove husks and silks from corn. Stand each corn cob on one end; slice downward to cut off the tops of the corn kernels. Scrape cob with back of knife to remove fine bits of corn left on cob. Place corn in large microwave-safe bowl with remaining ingredients (except cheese). Cover and microwave on HIGH for 10 minutes.

Stir once and then microwave 10-15 more minutes or until vegetables are tender and rice is softened.

Stir in Parmesan cheese; rice will thicken as it stands. Serve.

Per Serving (excluding unknown items): 93 Calories; 5g Fat (44.4% calories from fat); 3g Protein; 12g Carbohydrate; 2g Dietary Fiber; 12mg Cholesterol; 41mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1 Fat.