

# Spring Risotto and Risotto Cakes

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## Servings: 4

2 tablespoons butter  
1/2 cup minced onion or shallots  
1 cup Arborio rice  
1/2 cup dry white wine  
1/2 teaspoon salt  
3 cups reduced-sodium chicken broth,  
heated  
1 1/2 cups fresh green peas,  
asparagus tips, arugula or spinach  
leaves  
1/4 cup light cream, heated  
1/2 cup Parmigiano Reggiano cheese,  
finely grated  
1/4 cup flour or crushed cornflakes  
2 tablespoons oil

## Cook Time: 20 minutes

Heat the butter in a large saucepan. Add the onion and cook for 3 minutes. Stir in the rice and cook, stirring constantly, for 2 minutes.

Add the wine and salt. Cook over medium-low heat, stirring occasionally, until the liquid is absorbed. Continue cooking and stirring, adding 1/2 cup of the broth at a time and making sure most of the liquid is absorbed before adding more. With the second to last addition of broth, add the peas. (Total cooking time is about 20 minutes.) After all of the broth has been added, stir in the cream and cheese. Serves four for risotto.

Serve half of the risotto and reserve the balance for cakes.

For risotto cakes: chill the risotto for four hours or overnight. Shape into patties, dredge in the flour or cornflakes.

Heat the oil in a nonstick skillet. Add the cakes and saute' until browned and crispy.

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Per Serving (excluding unknown items): 329 Calories; 15g Fat (45.5% calories from fat); 4g Protein; 38g Carbohydrate; 0g Dietary Fiber; 25mg Cholesterol; 341mg Sodium. Exchanges: 2 1/2 Grain(Starch); 3 Fat; 0 Other Carbohydrates.

## Per Serving Nutritional Analysis

Calories (kcal):	329	Vitamin B6 (mg):	trace
% Calories from Fat:	45.5%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	49.5%	Thiamin B1 (mg):	trace
% Calories from Protein:	5.0%	Riboflavin B2 (mg):	trace
Total Fat (g):	15g	Folacin (mcg):	1mcg
Saturated Fat (g):	6g	Niacin (mg):	trace
Monounsaturated Fat (g):	7g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	20
		% Refuse:	0.0%

<b>Cholesterol (mg):</b>	25mg
<b>Carbohydrate (g):</b>	38g
<b>Dietary Fiber (g):</b>	0g
<b>Protein (g):</b>	4g
<b>Sodium (mg):</b>	341mg
<b>Potassium (mg):</b>	44mg
<b>Calcium (mg):</b>	21mg
<b>Iron (mg):</b>	trace
<b>Zinc (mg):</b>	trace
<b>Vitamin C (mg):</b>	trace
<b>Vitamin A (i.u.):</b>	325IU
<b>Vitamin A (r.e.):</b>	81RE

## Food Exchanges

<b>Grain (Starch):</b>	2 1/2
<b>Lean Meat:</b>	0
<b>Vegetable:</b>	0
<b>Fruit:</b>	0
<b>Non-Fat Milk:</b>	0
<b>Fat:</b>	3
<b>Other Carbohydrates:</b>	0

## Nutrition Facts

Servings per Recipe: 4

### Amount Per Serving

<b>Calories</b>	329	<b>Calories from Fat:</b>	150
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### % Daily Values\*

<b>Total Fat</b>	15g	24%
Saturated Fat	6g	31%
<b>Cholesterol</b>	25mg	8%
<b>Sodium</b>	341mg	14%
<b>Total Carbohydrates</b>	38g	13%
Dietary Fiber	0g	0%
<b>Protein</b>	4g	

<b>Vitamin A</b>	6%
<b>Vitamin C</b>	0%
<b>Calcium</b>	2%
<b>Iron</b>	1%

\* Percent Daily Values are based on a 2000 calorie diet.