



GEORGINA



# RECREATION AT HOME

## Baked Springtime Risotto

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Here's a great oven-baked rice dish that cooks unsupervised while you spend time with your family preparing the rest of the meal.

**Preparation Time:** 15 minutes

**Cooking Time:** 40 minutes

**Serves:** 8

#### Ingredients:

- 1 Tbsp (15 mL) Olive oil
- 1 Small onion, diced
- 1 Clove garlic, minced
- 1 cup (250 mL) Arborio rice
- 3 cups (750 mL) Hot chicken broth, divided
- 1/2 tsp (2 mL) Salt (or to taste)
- 10 Thin spears asparagus, cut into short pieces
- 1 Red bell pepper, cut into thin strips
- 1/4 cup (50 mL) Freshly grated Parmesan cheese
- 1/4 cup (50 mL) Minced fresh parsley
- Freshly ground black pepper

#### Directions:

Preheat oven to 350° F (180° C).

In a medium saucepan, heat oil over medium heat. Sauté onion and garlic for five minutes or until softened. Add rice and cook, stirring, for about one minute or until evenly coated. Add two cups (500 mL) of the broth and salt; bring to a simmer. Transfer to casserole dish, cover and place on baking sheet. Bake in preheated oven for 15 minutes. Remove from oven and stir in the remaining broth, asparagus and red pepper. Cover and bake for 15 minutes or until rice is al dente (tender to the bite) and most of the liquid is absorbed. Ladle into serving bowls and sprinkle each serving with cheese, parsley and pepper to taste.

**Tips:** Mix torn romaine with mandarin oranges and toasted almonds for a delicious side salad.

#### Resources:

<https://www.unlockfood.ca/en/Recipes/Main-courses/Baked-Springtime-Risotto.aspx>

