

Brown Rice “Risotto” 4 servings

The grain group contains foods made from wheat, rice, oats, corn, and barley.

- ½ Tablespoon vegetable oil
- ½ cup onion, scrubbed with clean vegetable brush under running water, diced
- 1 clove of garlic, gently rubbed under cold running water, minced
- ¼ teaspoon black pepper
- ¾ cup reduced sodium chicken broth
- ¼ cup water
- ¾ cup instant brown rice
- ¾ cup frozen peas
- 1 Tablespoon lemon juice
- 1 Tablespoon butter
- 2 Tablespoons Parmesan cheese, grated
- 1 cup cooked, diced chicken (optional)*



1. Wash hands with soap and water.
2. Heat oil in a medium sized saucepan over medium heat. Add onion, garlic and black pepper. Sauté for 2 minutes.
3. Add chicken broth, water, and brown rice to the skillet. Bring to a simmer. Reduce heat to medium low, cover, and cook for 5 minutes.
4. Stir in frozen peas. Cover and cook for 5 minutes more.
5. Stir in lemon juice, butter and Parmesan cheese. Cook, uncovered, for 4-5 minutes, stirring continuously until thickened.
6. Store leftovers in a sealed container in the refrigerator for up to four days.

*Add 1 cup cooked, diced chicken in step 3, if desired.

Nutrition Information per Serving: (1/4 of recipe) Calories 160, Total Fat 6g, Saturated Fat 2.5g, Cholesterol 10mg, Sodium 60mg, Total Carbohydrates 22g, Fiber 2g, Total Sugars 2g, Includes 0g Added Sugars, Protein 5g, Vitamin D 0%, Calcium 2%, Iron 6%, Potassium 2%.

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