

Cooking Light®

CIRCULATION: 1,742,901
IMPRESSIONS: 5,751,573

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INSPIRED VEGETARIAN FOOD & RECIPES

Rice and Peas (*Risi e Bisi*)

This version of the Italian classic rice and pea dish is almost like a thick soup, though it can also be prepared as a risotto. Round out dinner with Radicchio, Endive, and Carrot Salad (page 166), peasant bread, a versatile cheese like Monte Veronese or Asiago, and a red Italian table wine.

- 2 tablespoons butter
- ½ cup finely chopped yellow onion
- 1 cup Arborio rice or other short-grain rice
- 2½ cups organic vegetable broth (such as Swanson Certified Organic)
- 2 cups water
- ¼ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- ½ cup (2 ounces) freshly grated Parmigiano-Reggiano cheese
- 2 tablespoons finely chopped fresh flat-leaf parsley

- 1 (16-ounce) package frozen green peas, thawed

1 Melt butter in a large saucepan over medium-high heat. Add onion to pan; sauté 5 minutes or until golden. Add rice to pan; sauté 1 minute. Add broth, 2 cups water, salt, and pepper to pan; bring to a boil. Cover, reduce heat, and cook 20 minutes, stirring occasionally. Stir in cheese, parsley, and peas; cook 2 minutes. Yield: 6 servings (serving size: 1 cup).

CALORIES 257 (25% from fat); FAT 7.1g (sat 3.8g, mono 1.8g, poly 0.3g); PROTEIN 10.8g; CARB 38.3g; FIBER 4.8g; CHOL 17mg; IRON 1.4mg; SODIUM 615mg; CALC 156mg