



CARAMELIZED MUSHROOM AND VIDALIA ONION RISOTTO

Caramelizing Vidalia onions brings out complex and delicious flavors. Mushrooms add meatiness without significant calories. Add these to risotto made with brown rice – providing whole grains and a nutty flavor – and you have a deliciously healthful spring dish.

Preparation time: 1 hour

Serves: 4

INGREDIENTS:

- 1 Vidalia onion, thinly sliced vertically
- 2 tbsp canola oil, divided
- 1 lb cremini mushrooms, sliced
- 1 cup short-grain brown rice
- ¼ cup dry white wine
- 2 cups low-sodium vegetable or chicken broth
- 3 cups water
- 1½ cups frozen peas
- ¼ cup reduced-fat Parmesan cheese

DIRECTIONS:

Heat 1 tbsp canola oil in a 10-inch skillet over medium heat. (Do not use non-stick skillet.) Add Vidalia onions and stir to coat with the oil. Stirring occasionally, let cook until brown (about 30 minutes). Remove Vidalia onions from pan, and set aside. Wipe pan clean. Heat remaining olive oil in pan and brown mushrooms (about 15 minutes). While mushrooms and Vidalia onions are browning, cook risotto as follows. Heat wine and rice in pot, stir until wine is absorbed. Mix broth and water together. Increase heat to medium-high; stir in 1 cup of water-broth mixture. Cook uncovered, stirring frequently, until liquid is absorbed. Continue stirring and add remaining water-broth mixture, 1 cup at a time, allowing each cup to be absorbed before adding another. Add peas to rice with last cup of liquid. Cook until rice is tender and mixture has a creamy consistency, approximately 1 hour. Gently stir in caramelized Vidalia onions, mushrooms, and cheese. Let sit about five minutes and serve.

Serving Suggestions:

Serve with 8 oz non-fat milk and ¾ cup sliced canned peaches (or other canned, fresh or frozen fruit).



Food Group Amounts	
Dairy	¼ cup
Fruits	--
Vegetables	2¼ cup
Grains	1½ oz
Protein	--

Nutrition Facts	
Serving Size (619g) Servings Per Container	
Amount Per Serving	
Calories 380	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 270mg	11%
Total Carbohydrate 58g	19%
Dietary Fiber 6g	24%
Sugars 10g	
Protein 12g	
Vitamin A 20%	Vitamin C 20%
Calcium 15%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Recipe Submitted by Produce For Better Health Foundation

