

Appetizers

Pesto Arancini

Rachael Ray

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2 cups cold leftover risotto

2 tablespoons pesto

16 1/4 inch cubes fontina cheese (about 2 ounces)

1 cup panko

vegetable oil

In a bowl, mix the risotto and pesto.

Divide into sixteen balls.

Stuff a cheese cube into each ball.

Roll the balls in the panko.

In a heavy pot, fry the balls in 375 degree oil until golden, 1 minute.

Drain on paper towels.

Yield: 16 balls

Per Serving (excluding unknown items): 220 Calories; 2g Fat (8.2% calories from fat); 8g Protein; 42g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 170mg Sodium. Exchanges: 3 Grain(Starch); 1/2 Fat.