

Rosy Beet Risotto

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Servings: 8

Preparation Time: 15 minutes

Roast Time: 1 hour

2 medium (6 oz each) beets

3 tablespoons olive oil

1/2 cup 1 medium) red onion, chopped

1 1/2 cups arborio or short grain rice

2 cans (14.5 oz) reduced-sodium chicken broth

1/2 cup (2 oz) blue cheese

2 tablespoons snipped fresh basil

salt and freshly ground black pepper (to taste)

fresh basil leaves (optional)

Preheat the oven to 350 degrees.

Place the beets in the center of an 18-inch square of heavy foil. Drizzle with one tablespoon of the oil. Fold together the opposite edges of the foil in double folds, allowing room for steam to build.

Roast about 1 hour or until tender. Cool for 10 minutes.

Carefully open the packet. Remove the beets. Gently transfer the liquid to a measuring cup. Add water to equal 1/2 cup. Pour the liquid into a medium saucepan.

Cut the beets into wedges.

In a large saucepan, heat the remaining two tablespoons of oil over medium heat.

Add the onion. Cook until tender.

Add the rice. Cook and stir for 5 minutes.

Add the broth to the beet liquid in the saucepan. Bring to a boil. Reduce heat to maintain a simmer.

Carefully stir one cup of the hot broth mixture into the rice mixture. Cook and stir over medium heat until all of the broth mixture is absorbed. Continue adding the broth mixture, 1/2 cup at a time, stirring constantly until the broth is absorbed. (This should take about 20 minutes).

Add the beets and heat through.

Remove the saucepan from the heat. Crumble the blue cheese and stir half into the risotto along with the snipped basil.

Season with salt and pepper.

Sprinkle with the remaining cheese and, if desired, basil leaves.

Per Serving (excluding unknown items): 82 Calories; 7g Fat (76.5% calories from fat); 2g Protein; 3g Carbohydrate; 1g Dietary Fiber; 5mg Cholesterol; 115mg Sodium. Exchanges: 0 Lean Meat; 1/2 Vegetable; 1 1/2 Fat.