

Chicken Risotto Soup and Chive Butter Rolls

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CHIVE BUTTER ROLLS

12 bakery potato dinner rolls

15 to 20 (2 tablespoons)

fresh chives, rinsed

1 1/2 tablespoons reduced-fat sour cream

2 tablespoons butter

CHICKEN RISOTTO SOUP

1 tablespoon extra-virgin olive oil

8 ounces trinity mix (onions, peppers, celery)

8 ounces sliced baby portabella mushrooms, rinsed

1/2 teaspoon pepper

5 cloves fresh garlic

3 ounces (1-1/2 cups) fresh spinach leaves

1/3 cup long grain white rice

1 box (32 ounce) chicken broth

3/4 cup half-and-half

1/3 cup white wine

10 ounces cooked chicken (or turkey)

1/4 cup water

2 tablespoons cornstarch

Make the Chive Butter Rolls: Preheat the oven to 350 degrees.

Arrange the rolls on a baking sheet.

Chop the chives finely. Place in a microwave-safe bowl with the sour cream and butter.

Microwave on high for 20 to 30 seconds or until the butter melts. Stir the mixture and spoon over the rolls.

Bake for 10 to 15 minutes or until golden and heated.

Make the chicken risotto soup: Preheat a large saucepan on medium high for 2 to 3 minutes. Place olive oil in the pan. Swirl to coat. Add the trinity mix, mushrooms and pepper. Crush the garlic into the pan using a garlic press (use a knife to remove the garlic from the bottom of the press). Cook for 3 to 4 minutes, stirring often, until the vegetables begin to brown. Meanwhile, chop the spinach coarsely.

Stir in the rice and spinach. Cook for 1 to 2 minutes, stirring often, until the spinach wilts. Stir in the broth, half-and-half and wine (in that order). Bring to a boil.

Reduce the heat to medium. Cook for 15 to 17 minutes, stirring occasionally, until the rice is tender. Meanwhile, cut the chicken into bite-size pieces.

Combine the water and cornstarch in a small bowl until well blended. Stir the chicken into the soup. Slowly add the cornstarch mixture, stirring continuously, until blended and the soup begins to thicken. Cook 2 to 3 minutes more, stirring occasionally, to heat the chicken and blend the flavors.

Per Serving (excluding unknown items): 512 Calories; 38g Fat (73.6% calories from fat); 7g Protein; 23g Carbohydrate; 2g Dietary Fiber; 62mg Cholesterol; 1009mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 7 1/2 Fat.