

## Side Dish

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# Turkey Thyme Risotto

Sunny McDaniels

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**Servings: 4**

**Preparation Time: 20 minutes**

**Cook time: 25 minutes**

**TIP-TOP RISOTTO**

*Keep Your Liquid Warm. This helps maintain an even temperature during the cooking process. Adding cold liquid to your hot rice extends cooking time.*

*Finish Strong. The final texture of risotto should be creamy but not soupy; it should be thick enough to mound on a spoon. The rice should be tender, with a little bite in the center of each grain.*

*Don't Wash The Rice. Sometimes it's recommended that you wash rice to remove excess starch, but you need the starch to make the dish creamy.*

*Short And Sweet. Use only short or medium grain rice for risotto. Long grain rice doesn't have the starch content you'll need to get risotto's creamy texture.*

### STEP BY STEP

*Saute': Cook aromatics, such as garlic and herbs, add rice and saute' 2 to 3 minutes.*

*Stir: Add liquid, a bit at a time, to ensure a creamy texture. Cook and stir. Wait until most of the liquid has been absorbed before adding more. When a spatula is pulled through the mixture, it should leave a fairly clean trail behind.*

*Finish: Stir in your favorite ingredients, such as cheese, delicate veggies or cooked meats.*

**3 1/4 cups reduced-sodium chicken broth**

**2 cups fresh mushrooms, sliced**

**1 small onion, chopped**

**1 clove garlic, minced**

**1 tablespoon olive oil**

**1 cup uncooked arborio rice**

**1 teaspoon minced fresh thyme or 1/4 teaspoon dried thyme**

**1/2 cup white wine or additional reduced-sodium chicken broth**

**1 1/2 cups cooked turkey breast, cubed**

**2 tablespoons Romano cheese, grated**

**1/4 teaspoon salt**

**1/4 teaspoon pepper**

In a small saucepan, heat the broth and keep warm.

In a large nonstick skillet, saute' the mushrooms, onion and garlic in the oil until tender, about 3 minutes.

Add the rice and thyme. Cook and stir for 2 to 3 minutes.

Stir in the wine or additional broth. Cook and stir until all of the liquid is absorbed.

Add the heated broth, 1/2 cup at a time, stirring constantly. Allow the liquid to absorb between additions.

Cook just until the risotto is creamy and the rice is almost tender. Total cooking time is about 20 minutes.

Add the turkey, Romano cheese, salt and pepper. Cook and stir until heated through.

Serve immediately.

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Per Serving (excluding unknown items): 159 Calories; 5g Fat (28.9% calories from fat); 23g Protein; 4g Carbohydrate; 1g Dietary Fiber; 62mg Cholesterol; 214mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 1 Vegetable; 1 Fat.