

Black and White Risotto

Judy Gilliard

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Servings: 12



3 tablespoons olive oil
1 medium onion, chopped
1 teaspoon red chili flakes
1 teaspoon black pepper
2 cups short-grain rice, Arborio

1 teaspoon fresh cracked pepper, chopped
1/2 cup dry vermouth
4 cups chicken broth
1 cup parmesan cheese, chopped
1/2 cup fresh parsley, chopped
2 cups lentils, black, cooked

Heat oil and sauté onion until soft.

Add rice, red chili flakes, black pepper and sauté over med. high heat until all rice is coated with oil.

Add vermouth and stir until absorbed.

Add chicken broth 1 cup at a time until the rice absorbs liquid. (Have extra water ready in case you need it) Cook until rice is tender stirring constantly.

Cook black lentils until tender, drain.

Add cooked black lentils, parsley and Parmesan cheese and fold in.

Per Serving (excluding unknown items): 317 Calories; 6g Fat (18.6% calories from fat); 16g Protein; 47g Carbohydrate; 11g Dietary Fiber; 5mg Cholesterol; 385mg Sodium. Exchanges: 3 Grain(Starch); 1 1/2 Lean Meat; 0 Vegetable; 1 Fat.