

## Parmesan Risotto

Servings: 3 • Size: 3/4 cup • Time: 30 minutes • Calories: 309 • Points: 6.5 pts

1 cup arborio rice  
2 tsp butter  
1 shallot, minced  
1/2 cup white wine  
4 cups fat free chicken stock  
salt and pepper  
1/4 cup grated parmesan cheese  
2 tbsp chopped parsley  
Heat chicken stock in a small pot.

In a medium size heavy sauce pan, add butter on medium-low heat. Add shallots, sauté about 1 minute. Add rice mixing well until well coated and translucent, about 2 minutes. Add wine, salt and pepper and mix well until it is absorbed into the rice. Ladle 1 cup stock into rice and mix until all stock is absorbed, add another ladle, and continue adding and stirring until all broth is absorbed, about 20-25 minutes. Add parmesan cheese and parsley, mix well and serve