

Red and Yellow Pepper Risotto

This is a simple and delightful way of turning a few vegetables, rice and some fresh herbs into a festive meal. Here is an easy version of this Italian favourite.

1	Ontario onion, chopped
1 clove	Ontario garlic, minced
1 each	Ontario sweet red and yellow peppers, seeded and chopped
2 tbsp (25 ml)	butter
1 cup (250 ml)	short-grain (Arborio) rice
2½ cups (625 ml)	chicken stock
1	Ontario zucchini, diced
	salt and pepper to taste
½ cup (125 ml)	grated Parmesan cheese (approx)
⅓ cup (75 ml)	chopped fresh basil or parsley

1. In medium saucepan, cook onion, garlic and red and yellow peppers in butter over medium-high heat, until softened, 3 to 5 minutes.
2. Add rice and mix well to coat.
3. Add stock, zucchini, salt and pepper; bring to boil. Reduce heat, cover and simmer, stirring occasionally, for about 20 minutes or until most of the liquid is absorbed and mixture is creamy.
4. Stir in Parmesan and basil. Serve immediately sprinkled with additional Parmesan cheese, if desired. *Serves 4.*

Microwave method:

1. In 10-cup (2.5 L) microwaveable dish, microwave butter on High for 1 minute.
2. Stir in onion, garlic, red and yellow peppers and rice. Microwave on High for 2 minutes.
3. Add zucchini, stock, salt and pepper. Cover and microwave on High for 20 minutes, stirring once.
4. Stir in Parmesan and basil; let stand, covered, for 5 minutes. Serve immediately.