

## 5 A Day Recipes

### Main Courses

#### Risi Bisi

##### Serves 4

Try this delicious Northern Italian dish as a main course. 1 1/3 cup Italian Arborio or pearl rice

- 2 cups frozen peas
- 1/4 teaspoon pepper
- 2<sup>3</sup>/<sub>4</sub> cups low fat, low sodium chicken broth
- 1/8 teaspoon salt
- 2 tablespoons Parmesan cheese

Bring chicken stock to boil in saucepan. In separate saucepan, place about 1/3 cup of heated stock. Add rice and stir until all liquid has been absorbed. Keep adding stock in 1/3 cup increments, stirring after each addition until the liquid is absorbed, until all stock is used. In a medium sized pan, stir together 2 cups peas and 2 cups cooked rice. Season with salt and pepper. Add Parmesan cheese, stir and serve.

##### Nutritional Analysis

Calories: 370  
Fat: 2 g  
Cholesterol: 5 mg  
Fiber: 5 g  
Sodium: 283 mg

This is an official 5 a Day recipe, and provides four people with one serving of vegetable each.