

Quick Chicken Risotto

▼ 4 servings

Risotto is a wonderful Italian rice dish made by slowly stirring broth into cooking rice. This supper dish has a similar creamy texture, but we've eliminated the constant stirring.

Prep: 10 min

Cook: 25 min

1 Serving: Calories 335
(Calories from Fat 65);
Fat 7g (Saturated 3g);
Cholesterol 50mg;
Sodium 880mg;
Carbohydrate 42g
(Dietary Fiber 1g);
Protein 27g.

1/2 pound skinless boneless chicken breast halves, cut into 1/2-inch pieces

1 can (14 1/2 ounces) ready-to-serve chicken broth

1 cup uncooked regular medium or long grain rice

1/2 pound asparagus, cut into 1 1/2-inch pieces

1/4 pound fully cooked ham, diced

1 teaspoon chopped fresh or 1/4 teaspoon dried basil leaves

1/4 cup shredded Parmesan cheese

1. Spray 12-inch nonstick skillet with nonstick cooking spray; heat over medium-high heat. Cook chicken in skillet 3 to 5 minutes, stirring frequently, until light brown.
2. Stir in broth; heat to boiling. Stir in rice; reduce heat to low. Cover and simmer 10 minutes without stirring.
3. Stir in asparagus, ham and basil. Cover and simmer without stirring 8 to 10 minutes or until chicken is no longer pink in center and rice is tender; remove from heat. Stir in cheese.