



THURSDAY: **BAKED RISOTTO**

Prep: 10 min Cook: 35 min Serves: 4

1 onion, finely chopped

1 pkg (227 g) Longo's Sliced Mushrooms

1 pkg (454 g) Longo's Mild or Hot Sausage Meat

1 cup Longo's Long Grain Rice

2 cups Longo's Chicken Broth

1 cup freshly grated Parmesan cheese

2 tbsp chopped fresh parsley

Heat 1 tbsp Longo's 100% Pure Canola Oil in large, ovenproof shallow saucepan over medium heat. Cook onion and mushrooms for about 8 minutes or until starting to brown. Add sausage and break up while stirring. Stir in rice to coat. Stir in broth; bring to a simmer. Cover and place in preheated 375°F oven for 25 minutes or until rice is tender. Remove from oven and stir in cheese and parsley.

Per serving: 510 calories; 37 g protein; 19 g fat; 45 g carbohydrate; 1 g fibre; 4 g sugars; 1510 mg sodium.