

POST WORKOUT MICROWAVE RISOTTO

Ingredients:

- *2tbs canola oil
- *1/2 cup red onion(chopped)
- *1 cup arborio rice(uncooked)
- *14oz low sodium, low fat chicken stock
- *1 1/2 cups water(divided)
- *1 1/2 cups pre-cooked chicken breast(chopped)
- *1 cup canned corn(rinsed thoroughly)
- *1 cup low fat cheddar cheese(shredded)

Directions:

Combine oil, onion, rice, stock, 3/4 water in microwable bowl, partly cover leaving room for steam to vent.

Microwave on high for 8mins.

Stir in remaining water.

Microwave on high further 5mins.

Stir in chicken & corn.

Let stand for 5mins, then stir in cheese.

(serves 4)

Calories: 331g

Fats: 12g

Carbs: 30g

Sugars: 3g

Protein: 26g

Iron: 2mg