

Caraway Corn Risotto with Bitter Greens

Corn adds sweetness and creaminess to this risotto, while bitter greens add contrasting flavor and texture. Use frozen corn or, when in season, try with fresh corn cut off the cob.

Prep Time: 15 minutes

Cook Time: 45 minutes

- 2 cups frozen corn, thawed
- 7 cups chicken stock or reduced sodium chicken broth
- 1/2 cup heavy cream
- 2 tablespoons butter
- 1 cup chopped onion
- 1 teaspoon minced garlic
- 1 teaspoon **McCormick® Caraway Seed**, finely crushed
- 2 cups Arborio rice
- 2 cups bitter greens, such as Swiss chard, arugula, collard greens, kale or dandelion greens, torn into bite-size pieces
- 1/4 teaspoon **McCormick® Coarse Ground Black Pepper**
- 1/4 cup grated Parmesan cheese

1. Place corn in bowl of food processor; cover. Process until pureed and smooth. Set aside. Bring stock and cream to simmer in medium saucepan on low heat.
2. Melt butter in large heavy skillet on medium heat. Add onion; cook and stir 3 minutes or until lightly browned. Add garlic and caraway seed; cook and stir 2 minutes. Stir in rice and corn puree; cook 2 minutes.
3. Stirring constantly, add warmed stock mixture, 1 cup at a time, until liquid is absorbed by rice after each addition. (It takes about 35 minutes for all of the stock mixture to be absorbed and the risotto to become thick and creamy.) Stir in greens and pepper with last cup of stock mixture. Sprinkle with Parmesan cheese.

Makes 6 servings.

Test Kitchen Tip: Crush caraway seed with mortar and pestle. Or, place caraway seed in large resealable plastic bag. Close tightly. Pound with a rolling pin, mallet or heavy skillet until crushed.

Nutrition Information Per Serving: 499 Calories, Fat 15g, Protein 17g, Carbohydrates 74g, Cholesterol 42mg, Sodium 748mg, Fiber 3g