

Burtens Grill's Mindful Twist on
Mediterranean Chicken Risotto

Ingredients

1 Pint Vegetable Stock	1/2 Cup Artichoke Quarters, Canned
2 Tbsp Olive Oil	1 Tbsp Minced Garlic
2 Tbsp Spanish Yellow Onions, Chopped	1/4 Cup Feta Cheese
1/4 Tsp Kosher Salt	1/2 Cup Roasted Tomatoes, Canned
1 Cup Arborio Rice	1/2 Cup Fresh Spinach, Chopped
1/4 Cup Dry Chardonnay	4 fresh Lemon Wedges
1 lb. Boneless Skinless Chicken Breast	2 Tbsp Fresh Basil
1 Tsp Pepper	



Directions

In a large pot, bring vegetable stock to a boil, then reduce to a simmer. Separately, heat a frying pan over medium-high heat and add olive oil. Once the olive oil is hot, add onions and kosher salt, then reduce the heat. Cook 3-5 minutes until onions are translucent, do not brown. Add arborio rice and stir to coat with oil. Cook 3 minutes while stirring until white dots appear in center of grain. Add white wine, cook 2-3 minutes. Add simmering stock to rice gradually, stirring until almost all of the liquid is absorbed before adding more.

Meanwhile, spray a separate sauté pan with oil and place over moderate heat. Season chicken with pepper and add to the pan. Sauté for 2-4 minutes and flip chicken. Add artichokes and garlic and sauté for 1-2 minutes. Once the white center of the rice has disappeared, and the rice is almost fully cooked, add chicken and remaining stock to the rice. Add in feta cheese, roasted tomatoes and spinach. Plate and serve with lemon wedge and fresh basil.

Serves four. *Nutrition Analysis per serving:* 470 calories, 15 g fat, 5 g saturated fat, 100 mg cholesterol, 600 mg sodium, 45 g carbohydrates 2.5g fiber, 35 g protein
