

## **Swiss Chard Risotto**

(From the Poughkeepsie Journal)

2 tsp olive oil  
2 cloves garlic, minced  
1 medium onion, chopped  
1 cup arborio rice  
2½ cups water, vegetable broth or chicken broth  
2 cups Swiss chard leaves, chopped.  
5 sprigs fresh dill, minced  
2 Tbsp. grated good quality parmesan cheese  
Salt and pepper to taste  
1 Tbsp. butter

Heat oil in large saucisson with a heavy bottom over medium heat. Add garlic and onions; saute 3 minutes or until softened. Add rice and mix well, coating rice with oil. Add about ½ cup of water or broth, reducing heat and simmering rice until most of liquid is absorbed, stirring frequently. Continue adding ½ cup broth or water and simmering until it is absorbed while stirring frequently until all broth is absorbed and rice is tender. This should take about 25 minutes.

Add remaining ingredients, stir well and serve.

*Serves 2-3.*