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# Fontina & Parmigiano Risotto with Corn

*Adapted from a Food Network recipe*

*Internet Address:*



*Will serve 5 as an entree, or 8+ as a side dish.*

- 4 cups low-sodium chicken broth
- 4 cups water
- 5 tablespoons unsalted butter
- 1 medium onion, finely chopped
- 2 1/4 cups arborio rice
- 2 teaspoons dried thyme, crushed between your palms
- 1 cup dry white wine
- Kosher salt
- 1 ear fresh corn, cut off the cobb
- 1 cup Parmigiano-Reggiano cheese, finely grated
- Freshly ground pepper
- 1 cup fontina cheese, coarsely grated, plus more for garnish
- 1/4 cup chopped fresh parsley

Carolyn T's Blog - Tasting Spoons  
<http://tastingspoons.com>

## Servings: 10

1. Bring the broth and 4 cups water to a simmer in a saucepan; keep warm.
2. Meanwhile, melt 4 tablespoons butter in a pot over medium-high heat. Add the onion; cook until translucent, about 4 minutes. Add the rice and thyme; cook, stirring, until the rice is glossy, about 1 minute. Add the wine and cook, stirring, until the liquid is absorbed. Add 1 teaspoon Kosher salt.
3. Ladle in the hot broth, about 1/2 cup at a time, stirring constantly, allowing all of the liquid to be absorbed before adding more. Continue until the rice is just tender, 20 to 25 minutes.
4. Stir in the parmigiano, the remaining 1 tablespoon butter, the corn, salt to taste and pepper. Gently stir in the fontina; top with parsley and more fontina.

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## Yield: 10 servings

Per Serving (excluding unknown items): 322 Calories; 13g Fat (35.5% calories from fat); 14g Protein; 38g Carbohydrate; 1g Dietary Fiber; 34mg Cholesterol; 266mg Sodium. Exchanges: 2 Grain(Starch); 1 1/2 Lean Meat; 0 Vegetable; 1 1/2 Fat.