



## Wild Rice Risotto with Almonds

4 cups low-sodium chicken or vegetable broth  
Salt to taste  
1/2 tsp. pepper  
3 Tbsp. butter or olive oil  
2 cloves garlic, minced  
1 leek (white and light green part only),  
trimmed and diced  
1 cup brown rice  
1/2 cup wild rice  
1 (2 1/4-ounce) package baby carrots, diced (about 2/3 cup)  
8 stalks asparagus, trimmed and cut into 1-inch pieces  
3/4 cup fresh or thawed frozen peas  
1 cup Almond Accents Italian Parmesan or Original Oven  
Roasted sliced almonds



Preparation Time : 30 minutes

Heat broth, salt and pepper in a saucepan over medium heat and bring to a low simmer. Reduce heat to low. Heat butter or olive oil in a large skillet on medium heat. Add garlic and leek and cook until soft, about 4 minutes. Stir in rice and carrots, coating them with butter or oil. Turn heat to medium-low.

Stir in hot broth, 1 cup at a time, waiting for rice to absorb liquid before adding more – this will take 30-35 minutes. Add asparagus and peas when about 1 cup of broth is left. Stir in Almond Accents just before serving.

Makes 4 servings

Nutrition information per serving: 354 calories; 16 g fat; 0 mg cholesterol; 419 mg sodium; 9 g carbohydrate; 5 g fiber; 17 g protein

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