

Sun-Dried Tomato and Corn Farro Risotto

Yield: 2 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/best-italian-sweet-corn-recipe>

Ingredients:

- 1/2 cup sun dried tomatoes dry-packed
- 2 cups broth veggie
- 2 cups water
- 1 tablespoon olive oil
- 1 shallot minced
- 2 ears sweet corn
- 1/4 cup white wine
- 3/4 cup farro
- 2 tablespoons rosemary fresh
- 1/8 teaspoon salt
- 2 ounces goat cheese or gorgonzola, cream cheese, or other creamy cheese

Nutrition:

1. Calories: 570 calories
2. Carbohydrate: 75 grams
3. Cholesterol: 30 milligrams
4. Fat: 20 grams
5. Fiber: 10 grams
6. Protein: 25 grams
7. SaturatedFat: 8 grams
8. Sodium: 1330 milligrams
9. Sugar: 6 grams

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