

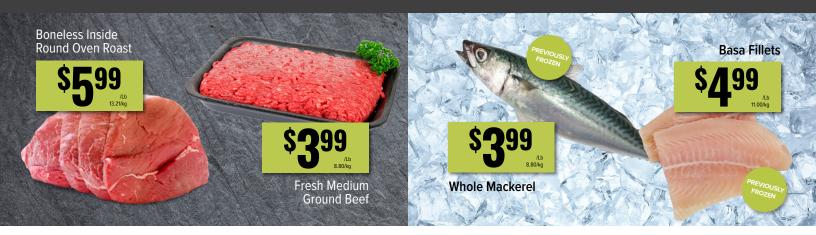
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BUTCHER ${\mathcal E}$ SEAFOOD



GROCERY & DELI



St.Albert **Cheese Curds**



Covered Bridge **Potato Chips**



Lester's All Beef Salami



Beatrice Chocolate Milk

WHAT'S FOR DINNER?

Colourful Pepper Risotto

Ingredients

2 cooking onions, finely chopped

1 clove garlic, minced

2 cups seeded and chopped coloured bell peppers

4 tbsp extra virgin olive oil

11/4 cup short-grain (Arborio) rice

2 medium fresh zucchini, diced

sea salt and pepper to taste 1/2 cup grated Parmesan cheese

1/3 cup fresh flat leaf Italian parsley,



In medium saucepan, cook onion, garlic and coloured bell peppers in olive oil over medium-high heat, until softened, 3 to 5 minutes. Add butter and mix well. Add rice and mix well to coat. Add chicken stock, zucchini, salt and pepper; bring to boil. Reduce heat, cover and simmer, stirring occasionally, for about 20 minutes or until most of the liquid is absorbed and mixture is creamy. Stir in Parmesan, parsley and basil. Serve immediately sprinkled with additional Parmesan cheese, if desired. Makes 4 servings.