

	<b>For Two</b>	<b>For Four</b>
Vermont Morning	1 cup	2 cups
Broth or Water	1 cup	2 cups
Dry White Wine (Optional. If using, reduce the broth or water by this amount.)	1/8 cup	1/4 cup
Salt (Optional)	1/4 tsp	1/2 tsp
Onion - diced	1/2 medium	1 medium
Olive Oil	1 Tbsp	2 Tbsp
Pine Nuts	1 Tbsp	2Tbsp
Red Pepper Flakes	1/8 tsp	1/4 tsp
Cinnamon	1/4 tsp	1/2 tsp
Cardamom	1/4 tsp	1/2 tsp
Lime zest	3/4 tsp	1 1/2 tsp
Freshly Shredded Romano or Parmesan Cheese (optional)	1/2 cup	1 cup

1- Preheat oven to 350°

2- Bring chicken broth (and white wine) to a boil in a casserole dish or a small Dutch oven. Add onions and pine nuts, and simmer for five minutes.

3- Add Vermont Morning, pepper flakes, cardamom, cinnamon, and lime zest to broth. Salt and pepper to taste. Bake for 15 minutes. Test for doneness. You may want it dryer. If so, cook longer with lid off. 20 minutes should be max. (Minimal stirring, it makes it sticky.)

4- Remove from oven, sprinkle on the cheese and toss to mix.