

Spring Vegetable Risotto



Servings: 6

*6 cups vegetable stock
3 tablespoons olive oil
1 tablespoon unsalted butter, melted
1 red onion, chopped
2 leeks, sliced
4 garlic cloves, minced
3 cups spinach, chopped
2 green onions, sliced
3 cups arborio rice
2 cups green peas
1 tablespoon lemon zest
1/2 cup Parmesan cheese, grated
1/4 cup mint, sliced
salt and pepper, to taste*

To a sauce pan add vegetable stock and bring to a simmer.

In a skillet heat 2 tablespoons of olive oil. Add red onions and leeks. Sauté for 5 minute. Stir in garlic and cook for another minute. Stir in spinach and season with salt and pepper. Cook and cover for 5 minutes or until the spinach is wilted. Stir in green onions. Set aside.

In a pot heat 1 tablespoon of olive oil and 1 tablespoon unsalted butter, melted. Add arborio rice and stir to coat for one minute.

Add one cup of warm vegetable stock and stir continually letting the rice absorb the vegetable stock.

Continue adding 1 cup at time, each time allowing the rice to absorb the vegetable stock until the rice is tender.

When the risotto is tender fold in the vegetable mixture, green peas, lemon zest, Parmesan cheese, and 2/3 of the mint. Season with salt and pepper.

Divide the risotto into bowls and garnish with the remaining mint.

Serve

Per Serving (excluding unknown items): 249 Calories; 14g Fat (50.1% calories from fat); 12g Protein; 20g Carbohydrate; 5g Dietary Fiber; 18mg Cholesterol; 913mg Sodium; 8g Total Sugars; trace Vitamin D; 311mg Calcium; 3mg Iron; 415mg Potassium; 235mg Phosphorus. Exchanges: .