

Asparagus Risotto



Servings: 6

*1 bunch asparagus
1/4 cup olive oil
1/2 cup fresh basil leaves
1 leek, sliced
4 garlic cloves, minced
3 cups arborio rice
1 cup white wine
6 cups vegetable stock
1 lemon, zested and juiced
salt and pepper, to taste
parmesan cheese, to taste*

Cut the ends off of the asparagus and discard.

Cut the tops off the asparagus about 11/2-inches and set aside.

Cut the remaining stems of asparagus into 1-inch pieces.

In a small pot of boiling water blanch the asparagus stems until tender about 5 minutes. Drain reserving 1 cup of cooking water.

With an immersion blender blend together blanched asparagus stems, 2 tablespoons of olive oil and basil. Blend adding a little bit of cooking water until smooth. Set aside.

Add vegetable stock to a pot and bring to a simmer.

Heat 2 tablespoons of olive oil in a separate pot over medium heat. Add leeks and sauté until softened 5-6 minutes. Add the garlic and cook 2 minutes until fragrant.

Add arborio rice and cook until each grain of rice is translucent with a white dot in the centre about 3 minutes.

Add white wine and stir until it is completely absorbed.

Add the vegetable stock 1 ladleful at a time stirring frequently after each addition. Wait until the stock is almost completely absorbed before adding the next ladleful.

While adding the last ladleful of stock also add

Per Serving (excluding unknown items): 143 Calories; 9g Fat (69.4% calories from fat); 2g Protein; 8g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 660mg Sodium; 3g Total Sugars; 0mcg Vitamin D; 34mg Calcium; 1mg Iron; 169mg Potassium; 36mg Phosphorus. Exchanges: .

the asparagus tops and cook for 3 minutes. Stir in blended asparagus-basil sauce, lemon zest and juice. Season with salt and pepper. Cook until the rice is al dente. Stir in parmesan cheese.

Serve