

# Mushroom Asparagus Risotto

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**YIELD: 8-10 Servings**

Ingredients	Quantity	Measure/Weight
Vegetable Oil, divided	1	tbsp.
Onion, diced	8	oz.
Bell Pepper, diced	4	oz.
Garlic, minced	2	cloves
Mushrooms, sliced	1	lb.
Arborio Rice	¾	lb.
Vegetable Stock, hot	1	pt.
White Wine	3	oz.
Fresh Parsley, finely chopped	1.5	oz.
White Pepper	1	tsp.
Fresh Asparagus, cut in 1" pieces	9	oz.

## Preparation

1. Heat 1 ½ tsp. oil in 4-quart pot.
2. Add onions, peppers, garlic and mushrooms sauté for 3 minutes. Set aside.
3. In a separate pot, heat 1 ½ tsp. oil. Add rice and cook for 3 minutes. Stir in ½ of the stock, wine, parsley and white pepper.
4. Bring to a simmer and for 10 minutes cook uncovered, stirring constantly.
5. Add remaining stock, vegetable mixture and asparagus. Cook for 10 minutes stirring constantly or until risotto is tender and all the liquid has been absorbed.

## Variation

\*\* Use green peas instead of or in addition to asparagus.

## Serving Information

Serve with 4 oz. roasted root vegetables.

## Nutrition Information

 \*From USDA Nutrient Database

Calories: 132 Total Fat: 2g Saturated Fat: 0g Carbohydrate: 26g Protein: 5g Sodium: 170mg  
Vitamin A: 15µg Vitamin C: 11mg Calcium: 19mg Iron: 1mg Folic Acid: 29µg