



Vegetable Risotto



Ingredients



Adapted from *Bon Appétit*

- 4 cups chicken or vegetable stock
- 2 Tbsp. vegetable oil
- 1/2 medium onion, chopped
- 1 cup short-grain rice
- 1/2 cup dry white wine (optional)
- 1/4 cup grated Parmesan cheese
- Salt and pepper, to taste
- 1 cup seasonal greens, chopped



Directions



Yield: 4 servings

Serving size: 1 cup

Total cost: \$3.01

Serving cost: \$0.75

1. Bring stock to simmer in medium saucepot. Lower heat to keep stock hot while the rice cooks.
2. Heat oil in large saucepan, then add onion or shallot. Sauté for 2 to 3 minutes or until slightly translucent.
3. Add rice and stir well to coat with oil. Stir constantly for 2 minutes, until rice is translucent around edges.
4. If adding wine, add to pan and cook until evaporated, 1 to 2 minutes. Season with pinch of salt.
5. Begin adding stock in 3/4 cup increments, stirring constantly and allowing liquid to absorb before adding more. Stir in greens shortly before rice is done cooking. After about 25 minutes, the risotto should be creamy and the rice al dente (tender, with a slightly firm center).
6. Remove pan from heat, add cheese, and stir until melted. Season and divide into bowls.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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Fast Facts



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Cooking Tips



- When making risotto, don't rinse your rice. While recommended for some dishes, washing rice removes the starch that risotto depends on.
- Leftover risotto? Make arancini! Shape risotto into small balls, stuff with mozzarella, and coat with breadcrumbs. Fry or bake and enjoy!
- While shorter grain rice varieties are best suited to risotto (more starch), risotto can be made with barley, farro, sushi rice, brown rice, and more.
- If making stock from bouillon cubes, use one cube per cup of water.

Nutrition Facts	
4 servings per container	
Serving size	1 Serving
Amount Per Serving	
Calories	300
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 2.1g	11%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 790mg	34%
Total Carbohydrate 42g	15%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 6g	12%
Vitamin D 0mcg	0%
Calcium 79.5mg	6%
Iron 2.3mg	15%
Potassium 147mg	4%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

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