



risotto

Discover a Delicious Rice Alternative with Tasty
Risotto Recipes

Risotto

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with Tasty Risotto Recipes

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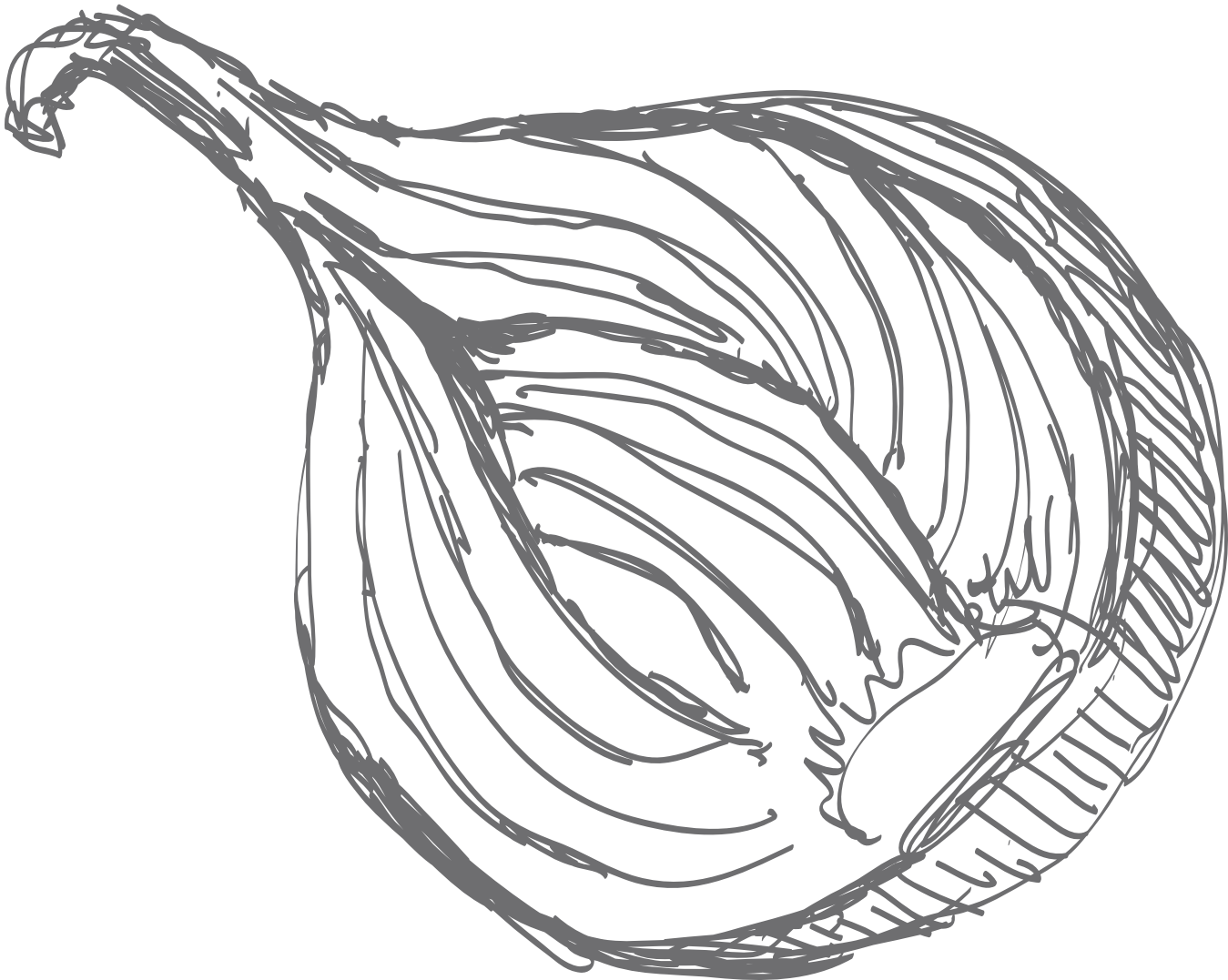




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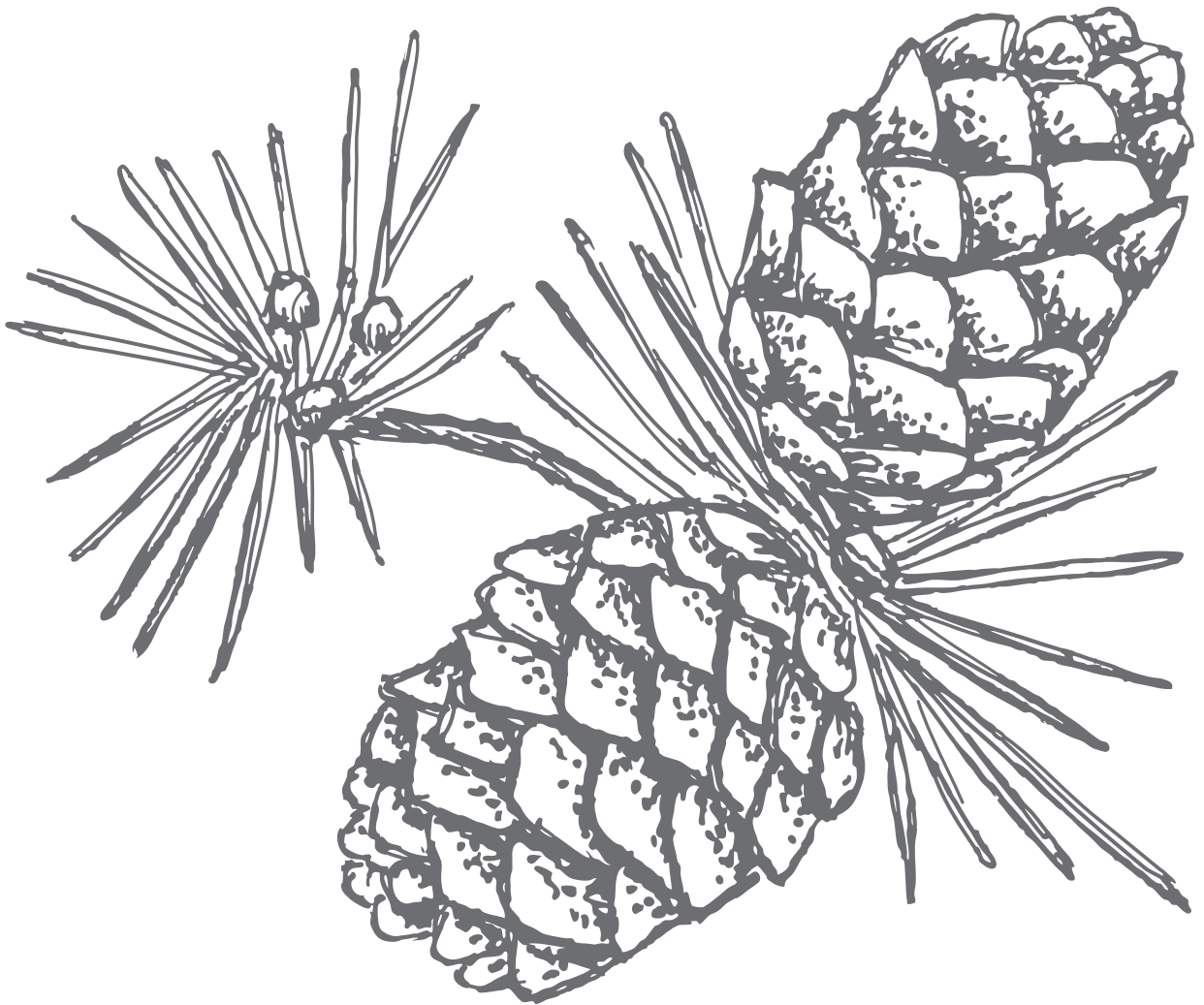
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Sonoma Orzo Risotto



Prep Time: 15 mins



Total Time: 30 mins

Servings per Recipe: 4

Calories 297.7

Fat 10.1g

Cholesterol 5.5mg

Sodium 358.8mg

Carbohydrates 39.4g

Protein 14.9g

Ingredients

2 tsp olive oil
2 garlic cloves, chopped
1/2 medium onion, chopped
1 lb. mushroom, chopped chunks
3 tbsp pine nuts
1 C. orzo pasta
2 C. low sodium chicken broth

1/2 tsp ground sage
1/4 tsp ground thyme
1/4 C. grated parmesan cheese
1/2 tsp kosher salt
ground pepper

Directions

1. Place a large saucepan over medium heat. Heat in it the oil.
2. Cook in it the garlic with onion for 3 min. Stir in the mushrooms with a pinch of salt.
3. Cook them for 4 min. Stir in the sage with thyme and broth. Cook them until they start boiling.
4. Stir in the orzo and lower the heat. Let them cook for 16 min while stirring often.
5. One the time is up, stir in the pine nuts, parmesan cheese, and parsley.
6. Cook them for extra few minutes until the cheese melts. Serve your risotto immediately.
7. Enjoy.





RISOTTO

Mexicana



Prep Time: 15 mins



Total Time: 1 hr 15 mins

Servings per Recipe: 4

Calories 495.5

Fat 21.2g

Cholesterol 0.0mg

Sodium 110.5mg

Carbohydrates 63.3g

Protein 16.2g

Ingredients

4 tbsp olive oil
1 onion, chopped
2 garlic cloves, chopped
3/4 C. brown rice
2 1/2 C. vegetable stock
salt and pepper
1 red bell pepper, seeded and chopped
2 celery ribs, sliced
8 oz. cremini mushrooms, sliced
1 (15 oz.) cans red kidney beans
3 tbsp parsley, chopped
3/8 C. cashews

Directions

1. Place a large skillet over medium heat. Heat in it half of the oil.
2. Cook in it the onion for 4 min. Stir in 1 clove of garlic and cook them for 3 min.
3. Stir in the rice and cook them for 2 min. Stir in the stock with a pinch of salt and pepper.
4. Cook them until they start boiling while stirring. Lower the heat and put on the lid.
5. Let the risotto cook for 36 to 42 min.
6. Place pan over medium heat. Heat in it the remaining oil. Cook in it the celery with bell pepper for 6 min.
7. Stir in the mushrooms with the rest of the garlic. Cook them for 4 min while stirring.
8. Add the cooked rice with beans, cashews, and parsley. Cook them for 2 to 3 min while stirring.
9. Adjust the seasoning of your risotto then serve it warm.
10. Enjoy.

Vegan Dessert Risotto



Prep Time: 5 mins



Total Time: 40 mins

Servings per Recipe: 4

Calories 104.8

Fat 0.1g

Cholesterol 0.0mg

Sodium 1.3mg

Carbohydrates 24.5g

Protein 1.2g

Ingredients

7 oz. risotto rice
2 tbsp sugar
1 1/2 C. vanilla-flavored rice milk,
warmed
1/2 C. apple juice, unsweetened
1/2 tsp cinnamon
1/8 tsp ground vanilla bean

Additions
fresh fruit etc.

Directions

1. Before you do anything, preheat the oven to 350 F.
2. Get a baking dish and coat it with oil. Stir in it the sugar with rice, milk, and spics.
3. Layover it a piece of foil to cover it then cook it for 26 min in the oven.
4. Once the time is up, top your risotto with your favorite fruit.
5. Cook it for an extra 11 min then serve it warm.
6. Enjoy.

ALLEGHANY

Mushroom Risotto



Prep Time: 15 mins



Total Time: 1 hr 5 mins

Servings per Recipe: 6

Calories 305.5

Fat 11.6g

Cholesterol 29.9mg

Sodium 743.2mg

Carbohydrates 36.3g

Protein 12.9g

Ingredients

3 tbsp butter
2 C. mushrooms, sliced
1/2 C. onion, chopped
1 1/4 C. Arborio rice
3 1/2 C. chicken broth
1 C. parmesan cheese, shredded
2 tbsp thyme, chopped

Directions

1. Before you do anything, preheat the oven to 375 F.
2. Place a large ovenproof pan over medium heat. Heat in it the butter.
3. Cook in it the mushrooms with onion for 6 min. Add the rice and cook them for 1 min.
4. Add the broth with a pinch of salt and pepper. Put on the lid and place the pan in the oven for 46 min.
5. Once the time is up, turn off the heat and add the cheese with thyme.
6. Serve your risotto warm.
7. Enjoy.

Arizona Yellow Risotto



Prep Time: 10 mins



Total Time: 40 mins

Servings per Recipe: 4

Calories 217.8

Fat 21.1g

Cholesterol 68.5mg

Sodium 149.3mg

Carbohydrates 3.3g

Protein 4.8g

Ingredients

2 tbsp butter
1/2 C. sliced mushrooms
1/2 C. chopped onion
2 1/2 C. water
1 (8 oz.) packages Yellow Rice

1/2 C. heavy cream
1/2 C. shredded Monterey jack cheese
1 C. baby spinach leaves

Directions

1. Place a large saucepan over medium heat. Heat in it the butter.
2. Cook in it the mushrooms for 3 min. Add the rice mix with water.
3. Cook them until they start boiling while stirring it often. Lower the heat and put on the lid.
4. Let it cook for 22 min. Once the time is up, add the cream with cheese, a pinch of salt and pepper.
5. Cook them or an extra 4 min. Add the spinach and put on the lid.
6. Turn off the heat and let the risotto rest for 6 min. Serve it immediately.
7. Enjoy.

HOT

Couscous Risotto



Prep Time: 10 mins



Total Time: 30 mins

Servings per Recipe: 4

Calories 334.3

Fat 7.6g

Cholesterol 0.0mg

Sodium 24.2mg

Carbohydrates 56.6g

Protein 10.1g

Ingredients

2 C. low sodium vegetable broth
2 tbsp olive oil, divided
6 oz. shiitake mushrooms, sliced
1 poblano chile, diced
2 shallots, minced
1 carrot, diced

1 (8 7/8 oz.) boxes Israeli couscous
1/2 peas
3 tbsp chives, chopped
2 tbsp fresh tarragon, chopped

Directions

1. Place a large saucepan over high heat. Heat in it 4 C. of water until they start boiling.
2. Place a pot over medium heat. Heat in it 1 tbsp of oil. Cook in it the poblano with mushrooms for 6 min.
3. Drain them and place them aside. Stir the carrots into the same pot and cook them for 4 min.
4. Stir in the couscous and cook them for an extra 2 min.
5. Lower the heat and stir in 1/4 C. of broth. Cook them while stirring until the couscous absorbs it.
6. Repeat the process with the remaining broth until the couscous absorbs all of it.
7. Stir in the peas with cooked mushrooms and poblano. Cook them for 3 min.
8. Add 3 tbsp of chives with tarragon, a pinch of salt and pepper. Serve your risotto warm.
9. Enjoy.

Josephine's Risotto



Prep Time: 5 mins



Total Time: 20 mins

Servings per Recipe: 6

Calories 823.9

Fat 44.6g

Cholesterol 117.1mg

Sodium 1043.7mg

Carbohydrates 73.7g

Protein 30.7g

Ingredients

17.5 oz. round short-grain rice
6 C. water
5 oz. butter
2 large onions, minced
10.5 oz. parmesan cheese, grated
5 oz. goat cheese, cubed

9 oz. prosciutto, sliced, optional
1/2 tsp fresh rosemary
1 tbsp olive oil
pepper
salt

Directions

1. Place a large saucepan over medium heat. Heat in it the oil.
2. Cook in it the pepper with onion for 3 min. Stir in the rice and cook them for 1 min.
3. Add the rice and bring them to a rolling boil for 12 min.
4. Stir in the butter with rosemary, parmesan cheese, goat cheese, a pinch of salt and pepper.
5. Garnish your risotto with prosciutto then serve it.
6. Enjoy.

LEMON

Pepper Cookout Risotto



Prep Time: 30 mins

Total Time: 47 mins

Servings per Recipe: 4

Calories 626.0

Fat 29.0g

Cholesterol 69.4mg

Sodium 1491.5mg

Carbohydrates 61.3g

Protein 27.9g

Ingredients

Marinade

1/4 C. olive oil

1 tsp sea salt

1/4 tsp red pepper flakes

1/4 tsp dried rosemary

1/2 tsp oregano

1/4 tsp lemon pepper

2 large boneless skinless chicken breasts

Rice

3 quarts water

1 1/2 C. Arborio rice

1 tsp salt

1 C. mozzarella cheese, shredded

1/4 C. parmesan cheese, shredded

1 tbsp unsalted butter

2 C. baby arugula

1 C. mushroom, sliced

1 tbsp olive oil

black pepper

Directions

1. Get a large mixing bowl: Stir in it all the marinade ingredients.
2. Stir in the chicken breasts and poke them all over with a fork. Let them sit for 35 min.
3. Before you do anything, preheat the grill and grease it.
4. Drain the chicken breasts and grill them for 6 to 8 min on each side.
5. Cover them with a piece of foil and place them aside.
6. Place a large pot over medium heat. Bring in it the water to a boil.
7. Cook in it the rice with a pinch of salt until they start boiling. Keep it boiling for 16 to 18 min while stirring.
8. Place a skillet over medium heat. Heat in it the olive oil. Cook in it the mushroom for 5 min.
9. Strain the rice and add it the same skillet with cheese, butter, and arugula. Cook them until the cheese melts. Top your risotto with grilled chicken then serve them warm. Enjoy.

Yam Risotto



Prep Time: 5 mins



Total Time: 30 mins

Servings per Recipe: 4

Calories 429.4

Fat 21.9g

Cholesterol 41.5mg

Sodium 292.1mg

Carbohydrates 48.8g

Protein 9.6g

Ingredients

4 tbsp butter
2 tbsp minced shallots
1 medium sweet potato, cubed
1/3 C. chopped pecans
2 - 3 C. vegetable broth
1 C. Arborio rice

salt & ground black pepper
1/2 C. grated parmesan cheese
1 tbsp chopped green onion tops

Directions

1. Place a large saucepan over medium heat. Bring in it the broth to a boil.
2. Place a pot over medium heat. Heat in it the butter. Cook in it the pecans with shallot for 4 min.
3. Stir in the rice and cook them for 2 min. Add the sweet potato with 3/4 C. of boiling broth.
4. Let them cook until the rice absorbs the broth while stirring.
5. Repeat the process with the remaining broth until the rice absorbs all of it and becomes creamy.
6. Add the green onion with cheese, a pinch of salt and pepper. Serve your risotto warm.
7. Enjoy.





FRUIT

Risotto



Prep Time: 15 mins



Total Time: 45 mins

Servings per Recipe: 4

Calories 289.7

Fat 7.3g

Cholesterol 16.3mg

Sodium 443.5mg

Carbohydrates 51.2g

Protein 5.7g

Ingredients

2 tbsp butter
3 garlic cloves, roasted
1 small onion, diced
3/4 C. Arborio rice
2 C. chicken broth
3/4 C. dried sweetened cranberries
1 tbsp parmesan cheese

Directions

1. Before you do anything, preheat the oven to 400 F.
2. Coat a baking dish with some oil. Place it aside.
3. Place a pot over medium heat. Heat in it the butter. Cook in it the onion with garlic for 2 min.
4. Stir in the rice and cook them for 1 min. Stir in the broth with cranberries.
5. Cook them until they start boiling. Spoon the mixture into the greased pan.
6. Place it in the oven and let it cook for 26 min. Add the cheese then serve it.
7. Enjoy.

Twin City Suburb Risotto



Prep Time: 5 mins



Total Time: 45 mins

Servings per Recipe: 4

Calories 823.7

Fat 42.6g

Cholesterol 74.9mg

Sodium 1688.4mg

Carbohydrates 69.6g

Protein 39.4g

Ingredients

2 tbsp extra virgin olive oil
1 lb. Italian sausage, sweet, casings removed
1 onion, large, sliced
1 garlic clove, large, minced
1 1/2 C. orzo pasta
2 C. chicken stock
salt and pepper

1 C. marinated artichoke drained and quartered
1 C. frozen baby peas
3 tbsp chives, snipped
6 tbsp parmesan cheese, grated
parmesan cheese

Directions

1. Place a large pan over medium heat. Heat in it the oil.
2. Cook in it the sausage for 6 min. Drain it and place it aside.
3. Lower the heat and stir the garlic with onion into the same pan.
4. Put on the lid and let them cook for 5 min. Stir in the orzo and let them cook for 2 min.
5. Stir in 2 C. of water with stock, a pinch of salt and pepper.
6. Cook them for 16 min while stirring often until the risotto becomes creamy.
7. Stir in the sausage, artichokes, peas, chives, and parmesan. Cook them for 5 min.
8. Serve your risotto hot.
9. Enjoy.

RISOTTO

Kerala Style



Prep Time: 10 mins

Total Time: 40 mins

Servings per Recipe: 8

Calories 386.3

Fat 9.5g

Cholesterol 17.0mg

Sodium 248.9mg

Carbohydrates 63.8g

Protein 11.9g

Ingredients

- 1 tbsp grapeseed oil
- 1 tbsp sesame oil
- 15 curry leaves, washed, dried, and julienned
- 2 green chilies, washed, dried, and sliced
- 2 tbsp cumin seeds
- 1 tbsp black mustard seeds
- 2 onions, diced
- 8 oz. mushrooms, diced
- 4 carrots, peeled and grated
- 2 C. jasmine rice, uncooked
- 4 C. of warm milk
- 15 oz. chickpeas, canned salt

Directions

1. Place a large saucepan over medium heat. Stir in it the grapeseed oil, sesame oil, curry leaves and green chilies.
2. Cook them for 1 min. Stir in the cumin seeds and mustard seeds. Cook them for an extra 2 min.
3. Stir in the onions, mushrooms, and carrots. Cook them for 4 min.
4. Stir in the rice with a pinch of salt and pepper. Cook them for 3 min while stirring.
5. Add the milk gradually while stirring until the rice becomes creamy.
6. Stir in the chickpeas with a pinch of salt and pepper.
7. Garnish your risotto with some cilantro, chopped fresh onions, tomatoes, cucumber, yogurt and raita then serve it.
8. Enjoy.

Sweet Bavarian Risotto



Prep Time: 2 mins



Total Time: 12 mins

Servings per Recipe: 4

Calories 396.5

Fat 20.0g

Cholesterol 44.1mg

Sodium 41.0mg

Carbohydrates 52.7g

Protein 5.1g

Ingredients

1 C. White Rice, uncooked
1 C. milk
1/3 C. sugar
2 tbsp unsalted butter

1/4 C. heavy cream
1/2 C. semi-sweet chocolate chips

Directions

1. Place a large saucepan over medium heat. Stir in the sugar with milk, rice and a pinch of salt.
2. Cook them until they start boiling. Turn off the heat and put on the lid.
3. Let the risotto rest for 6 min. Add the cream with chocolate chips and butter.
4. Adjust the seasoning of your risotto then serve it.
5. Enjoy.

HOT

Tuna Risotto



Prep Time: 10 mins

Total Time: 40 mins

Servings per Recipe: 4

Calories 463.3

Fat 6.1g

Cholesterol 46.2mg

Sodium 730.6mg

Carbohydrates 64.9g

Protein 33.7g

Ingredients

- 1 1/4 C. Arborio rice
- 4 C. chicken stock
- 13 oz. canned tuna, slices in spring water
- 1 onion, chopped
- 1/4 C. stock, extra
- 1 - 2 tsp chili, minced
- 1 tbsp lemon juice
- 1 lemon, zest of
- 3/4 C. frozen peas
- 1 tbsp of oil
- parmesan cheese

Directions

1. Place a large deep pan over medium heat. Heat in it the oil.
2. Cook in it the onion with chili and rice for 2 min. Stir 1 C. of stock and heat them until they start boiling.
3. Lower the heat and let them cook while stirring often until the rice absorbs it.
4. Repeat the process with the remaining broth until the risotto becomes creamy.
5. Stir in the peas, tuna and lemon juice and zest. Heat them for 2 min. Serve it warm.
6. Enjoy.

Parmesan Pesto Risotto



Prep Time: 10 mins



Total Time: 40 mins

Servings per Recipe: 2

Calories 363.5

Fat 10.0g

Cholesterol 24.2mg

Sodium 482.3mg

Carbohydrates 55.2g

Protein 14.0g

Ingredients

1 C. risotto rice (Arborio)
2 1/2 C. chicken stock
1 tbsp butter
1 red bell pepper, chopped
1 onion, chopped
1 tomatoes, chopped
1/2 zucchini, chopped
1/3 C. peas

1/2 C. mushroom, sliced
2 -3 tbsp pesto sauce, see appendix
parmesan cheese, grated
salt and pepper

Directions

1. Place a pot deep pan over medium heat. Heat in it the butter. Cook in it the onion for 2 min.
2. Stir in the pepper and cook them for 2 min. Lower the heat and stir in the rice.
3. Cook them for 1 min. Stir in 1/4 C. of bouillon and cook them until the rice absorbs it while stirring.
4. Stir in the tomato with zucchini. Cook them for 22 min while stirring adding more broth when needed.
5. Stir in the mushrooms with a pinch of salt and pepper. Cook them for 5 min while stirring.
6. Stir in the peas with any bouillon left. Season them with a pinch of salt and pepper.
7. Serve your risotto warm with toppings of your choice.
8. Enjoy.

SLOW COOKER Risotto



Prep Time: 15 mins

Total Time: 8 hrs 15 mins

Servings per Recipe: 4

Calories 359.4

Fat 2.6g

Cholesterol 0.0mg

Sodium 44.3mg

Carbohydrates 77.2g

Protein 9.0g

Ingredients

- 1/2 tbsp olive oil
- 2 - 2 1/2 onions, chopped
- 1 tsp minced garlic
- 1/2 tsp dried rosemary
- 1 1/2 C. pearl barley
- 3 C. vegetable stock
- 2 sweet potatoes, peeled and chopped

Directions

1. Place a large pan over medium heat. Heat in it the oil.
2. Cook in it the onion for 2 min. Stir in the garlic with rosemary. Cook them for 1 min.
3. add the barley and cook them for 2 min. Stir in the stock and cook them until they start boiling.
4. Spoon the mixture to a stockpot. Add the sweet potato and put on the lid.
5. Let them cook for 7 to 8 h on low.
6. Adjust the seasoning of your risotto then serve it warm.
7. Enjoy.

Simple Long Grain Risotto



Prep Time: 15 mins



Total Time: 35 mins

Servings per Recipe: 4

Calories 153.0

Fat 2.1g

Cholesterol 5.8mg

Sodium 677.5mg

Carbohydrates 27.5g

Protein 5.2g

Ingredients

- 1/3 C. onion, chopped
- 1 tbsp garlic, minced
- 2/3 C. long grain rice
- 2 C. water
- 2 tsp instant chicken bouillon granules
- 1/4 tsp black pepper, ground
- 1/4 C. parmesan cheese, grated

Directions

1. Place a large saucepan over medium heat. Heat in it the butter.
2. Cook in it the onion with garlic for 3 min. Stir in the rice and cook them for 1 min.
3. Add the water with bouillon granules. Cook them until they start boiling.
4. Lower the heat and put on the lid. Let them cook for 22 to 26 min.
5. Turn off the heat and stir in the cheese until the risotto becomes creamy.
6. Serve it immediately.
7. Enjoy.





RISOTTO

Alaska



Prep Time: 10 mins

Total Time: 30 mins

Servings per Recipe: 2

Calories 580.6

Fat 20.1g

Cholesterol 220.4mg

Sodium 494.0mg

Carbohydrates 21.7g

Protein 73.1g

Ingredients

2 fresh salmon fillets
3 oz. shrimp
1 vegetable stock cube
5 oz. risotto rice
1 pint boiling water
2 bay leaves
2 tbsp crème fraiche
2 tsp dried dill

1 tsp dried herbs
lemon juice
lemon zest
olive oil
salt and pepper

Directions

1. Place a large deep pan over medium heat. Heat in it the oil.
2. Cook in it the dry herbs with bay leaf, and rice. Cook them for 6 min.
3. Stir in 1/3 C. of stock and cook them for 6 min while stirring.
4. Repeat the process with the remaining stock until the all of it is absorbed.
5. Place a skillet of over medium heat: Stir in 1 tbsp olive oil, lemon zest, crème fraiche and dill.
6. Heat them for 2 min. Add the salmon fillets and cook them for 4 to 6 min on each side.
7. Flake it and place it aside.
8. Stir the lemon juice with shrimp, a pinch of salt and pepper into the risotto.
9. Cook them for 6 min. Discard the bay leaves and stir in the salmon. Serve it immediately.
10. Enjoy.

Summer Celery Risotto



Prep Time: 15 mins



Total Time: 45 mins

Servings per Recipe: 4

Calories 363.5

Fat 10.0g

Cholesterol 24.2mg

Sodium 482.3mg

Carbohydrates 55.2g

Protein 14.0g

Ingredients

2 tbsp butter
3 shallots, chopped
2 sticks celery, chopped
1 tbsp extra virgin olive oil
2 C. Arborio rice
1 1/2-2 liters vegetable stock
1 lemon, zest
1/4 C. lemon juice, squeezed

1 tsp dried rosemary
6 tbsp parmesan cheese, grated
1/3 C. heavy cream
2 tbsp butter
salt and pepper

Directions

1. Get a mixing bowl: Stir in it the lemon juice, cream, and parmesan.
2. Place a large pan over medium heat. Heat in it the oil with 2 tbsp of butter.
3. Cook in it the celery with shallot for 4 min. Stir in the rice and cook them for 1 min.
4. Stir in 1 C. of stock. Cook them until the rice absorbs it.
5. Repeat the process with the remaining broth until the rice is done.
6. Stir in the lemon zest and rosemary.
7. Remove the pan from the heat and add to it the butter with a pinch of salt and pepper.
8. Serve your risotto immediately.
9. Enjoy.

HOT

Salami Risotto



Prep Time: 10 mins



Total Time: 15 mins

Servings per Recipe: 4

Calories 510.0

Fat 18.4g

Cholesterol 28.7mg

Sodium 704.3mg

Carbohydrates 71.3g

Protein 14.7g

Ingredients

2 tbsp olive oil

1 large onion, chopped

1 1/2 C. Arborio rice

15 oz. tomatoes

3 C. water

3.5 oz. spicy salami, chopped

1/4 C. sun-dried tomato, drained and sliced

1/2 C. black olives, seeded and sliced

1 tsp dried chili pepper flakes

1/2 C. grated parmesan cheese

Directions

1. Place a large skillet over medium heat. Heat in it the oil.
2. Cook in it the onion for 3 min. Stir in the rice and cook them for 2 min.
3. Stir in the tomatoes with water. Cook them until they start boiling.
4. Lower the heat and put on the lid. Cook them for 16 min.
5. Turn off the heat and let the risotto rest for 12 min.
6. Add the chili flakes with olives, dried tomato, cheese, and salami. Serve it warm.
7. Enjoy.

Spanish Risotto con Azafran



Prep Time: 20 mins



Total Time: 40 mins

Servings per Recipe: 4

Calories 446.7

Fat 9.7g

Cholesterol 96.2mg

Sodium 707.3mg

Carbohydrates 65.7g

Protein 23.4g

Ingredients

8 oz. peas
4 oz. zucchini, sliced
2 tbsp olive oil
1 onion, chopped
1/2 tsp saffron thread
4 oz. Arborio rice
4 cloves garlic, crushed
8 oz. button mushrooms, sliced

1 lemon, juice and rind
3 C. fish stock
10.5 oz. cooked prawns, peeled, tails intact
3 tbsp chopped flat leaf parsley

Directions

1. Bring a large saucepan of water to a boil. Cook in it the zucchini with peas for 2 min.
2. Drain them, dip them in cold water and drain them again.
3. Place a large skillet over medium heat. Heat in it the oil.
4. Cook in it the onion with saffron for 3 min. Stir in the rice, garlic, and mushrooms.
5. Cook them for 3 min. Stir in the lemon rind with 1/3 of the stock while stirring.
6. Cook them until the rice absorbs it. Repeat the process with the remaining stock until the rice becomes creamy.
7. Stir in the prawns, blanched vegetables, and lemon juice. Season them with a pinch of salt and pepper.
8. Cook them for 2 min. Add the parsley and serve it warm.
9. Enjoy.

ZUCCHINI Risotto



Prep Time: 10 mins



Total Time: 25 mins

Servings per Recipe: 4

Calories 292.9

Fat 9.0g

Cholesterol 15.8mg

Sodium 199.8mg

Carbohydrates 40.8g

Protein 13.1g

Ingredients

1 small zucchini, chopped
1 shallot, chopped
1 tbsp olive oil
2 garlic cloves, minced
1 C. orzo pasta
2 C. vegetable broth
1 C. milk
6 oz. spinach

2 tomatoes, chopped
1/4 C. basil
1/3 C. parmesan cheese
1/4 tsp salt and pepper

Directions

1. Place a pot over medium heat. Heat in it the oil. Cook in it the zucchini with shallot for 3 min.
2. Stir in the garlic and cook them for 2 min. Stir in the orzo, broth, and milk.
3. Cook them until they start boiling. Lower the heat and let it cook for 12 to 16 min while stirring.
4. Once the time is up, add the basil with tomato, spinach, a pinch of salt and pepper.
5. Cook them for 3 min. Turn off the heat and add the cheese. Serve your risotto right away.
6. Enjoy.

Moroccan Lamb Risotto



Prep Time: 10 mins



Total Time: 1 hr 20 mins

Servings per Recipe: 6

Calories 231.0

Fat 13.1g

Cholesterol 10.1mg

Sodium 44.0mg

Carbohydrates 26.1g

Protein 3.7g

Ingredients

Lamb Sausage

6 large fresh lamb sausages

water, for boiling

1 tbsp canola oil

fresh rosemary sprig

Risotto

4 large Yukon gold potatoes, diced cubes

salt

3 tbsp extra-virgin olive oil

1 large shallot, minced

3 C. stock

6 large fresh mushrooms, sliced

kosher salt & ground black pepper

1 C. loosely packed grated Parmigiano

2 - 4 tbsp butter

baby arugula

Directions

1. To prepare the sausages:
2. Bring a large salted saucepan of water to a boil. Cook in it the sausages for 7 min.
3. Drain it and place it aside.
4. Place a skillet over medium heat. Heat in it the oil. Cook in it the rosemary needles for 30 sec.
5. Stir in the sausages and cook them for 6 in. Drain them and place them aside.
6. To prepare the risotto:
7. Bring a large salted pot of water to a boil. Cook in it the potatoes for 6 min. Drain them.
8. Place a pot over medium heat. Heat in it the oil. Cook in it the shallot with potatoes, a pinch of salt and pepper for 3 min.
9. Stir in a ladle of stock and cook them until it is absorbed. Repeat the process with the remaining stock until all of it is absorbed.
10. Place a skillet over medium heat. Heat in it a drizzle of olive oil.
11. Cook in it the mushrooms for 8 min. Stir them into the risotto with cheese, butter, a pinch of salt and pepper. Spoon the sausage on top then serve it warm Enjoy.

MEDITERRANEAN

Veal Risotto



Prep Time: 10 mins

Total Time: 45 mins

Servings per Recipe: 4

Calories 1010.1

Fat 51.0g

Cholesterol 119.9mg

Sodium 1144.0mg

Carbohydrates 115.0g

Protein 24.8g

Ingredients

Risotto

4 C. chicken stock

1 onion, chopped

1 tbsp olive oil

2 C. Arborio rice

1/4 C. butter

1 C. feta cheese, grated

1 C. feta cheese, cubed

4 C. spinach

1 lemon, juice and zest

Shrimp

1 tbsp canola oil

12 large shrimp, cleaned and deveined,
tail intact

2 tbsp ouzo

2 tbsp butter

sea salt & ground black pepper

1/4 C. fresh parsley, chopped

Stock

8 meaty veal bones, chopped

3 tbsp canola oil

sea salt & ground black pepper

1 tbsp tomato paste

1 head garlic

6 carrots

2 onions

4 stalks celery

2 large leeks

4 sprigs fresh thyme

4 sprigs fresh rosemary

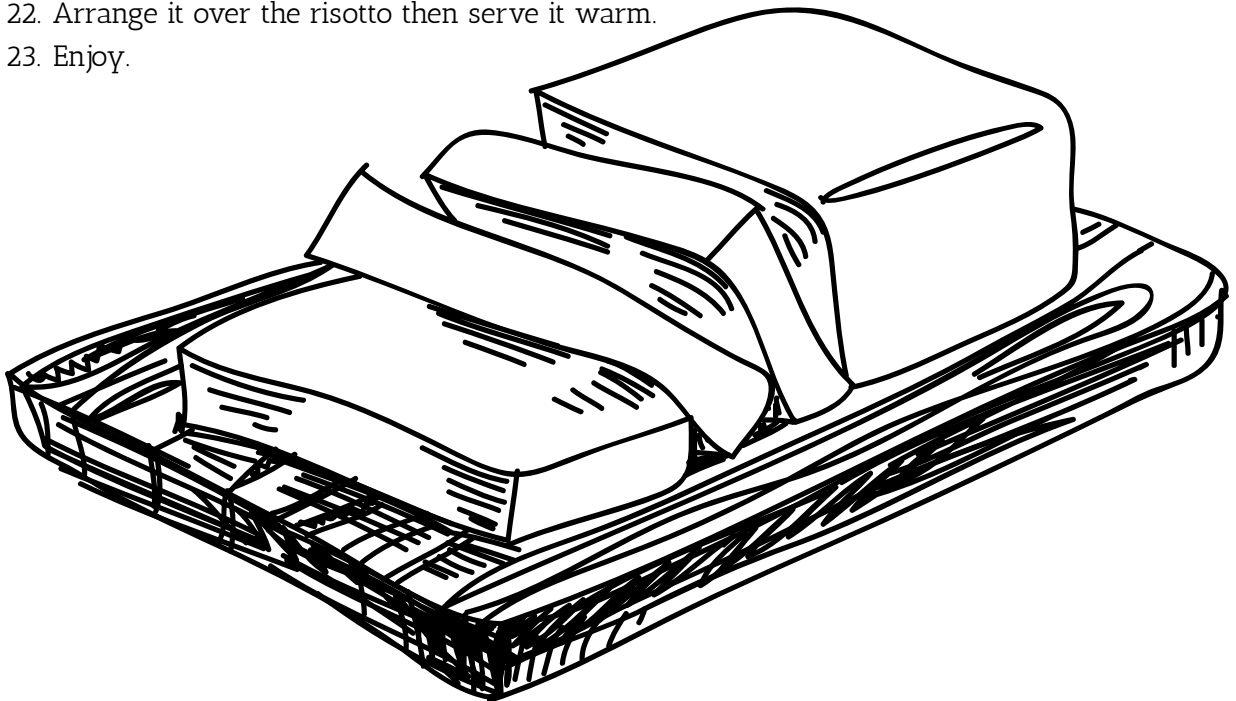
4 large sprigs fresh flat-leaf parsley

17 C. water

Directions

1. To prepare the stock:
2. Before you do anything, preheat the oven to 450 F.
3. Place a meat on in a roasting dish. Top them with the bones, a drizzle of olive oil, salt, and pepper.
4. Place the pan in the oven and let them cook for 30 min. Stir them and cook them for an extra 30 min.
5. Once the time is up, stir in the tomato paste with veggies. Cook them for another 60 min.

6. Transfer the mixture to a large pot. Stir in the water with herbs, a pinch of salt and pepper.
7. Stir 1/2 C. of water into the roasting pan, stir it and add it to the pot.
8. Cook them until they start boiling. Lower the heat and put on the lid.
9. Let the stock cook for 8 h while adding water if needed and skimming the fat every once in a while.
10. Once the time is up, strain the stock and discard the fat. Place it aside to cool down completely.
11. Pour it into airtight containers and freeze them until ready to use.
12. To prepare the risotto:
13. Place a pot over medium heat. Heat in it the oil.
14. Cook in it the onion for 4 min. Stir in the rice and cook them for 1 min.
15. Stir in 3/4 C. of broth and cook them while stirring until the rice absorbs it.
16. Repeat the process with the remaining stock while stirring until the risotto becomes creamy over low heat.
17. Once the time is up, stir in the cheeses with butter. Cook them for 1 min.
18. Stir in the spinach and the lemon juice. Adjust the seasoning of your risotto and place it aside.
19. To prepare the shrimp:
20. Place a large pan over medium heat. Heat in it the oil.
21. Cook in it the shrimp for 3 to 4 min. Season it with a pinch of salt and pepper.
22. Arrange it over the risotto then serve it warm.
23. Enjoy.







NEW ENGLAND Ginger Risotto



Prep Time: 20 mins



Total Time: 25 mins

Servings per Recipe: 4

Calories 367.5

Fat 5.5g

Cholesterol 234.2mg

Sodium 2230.7mg

Carbohydrates 55.0g

Protein 21.1g

Ingredients

4 C. hot cooked rice
7 oz. canned crabmeat
4 eggs
1 scallion
4 C. dashi
2 tbsp mirin
2 tsp salt
3 tbsp light soy sauce

1 tbsp fresh ginger juice
1/4 sheet nori

Directions

1. Remove the white tendons from the crab meat. Use a fork to flake them.
2. Place a large saucepan over medium heat. Stir in it the dashi with spices.
3. Cook them until they start boiling. Stir in the crabmeat with rice. Bring them to another boil.
4. Lower the heat and let them cook for 3 to 4 min. Stir in the ginger juice with beaten eggs while stirring.
5. Cook them for 1 to 2 min. Turn off the heat and put on the lid.
6. Spoon the risotto into the serving bowl. Top them with nori and serve them.
7. Enjoy.

Oriental Risotto



Prep Time: 10 mins



Total Time: 50 mins

Servings per Recipe: 6

Calories 370.8

Fat 9.3g

Cholesterol 46.7mg

Sodium 129.6mg

Carbohydrates 53.4g

Protein 17.6g

Ingredients

- 2 - 3 leeks, sliced and divided
- 4 C. almond breeze milk
- 1 - 2 tbsp Thai red curry paste, see appendix
- 1 tbsp dried unsweetened coconut
- 2 boneless skinless chicken breasts, cubed
- 1 tsp coconut oil
- 1 garlic clove, minced
- 2 red sliced bell peppers
- 1 1/2 C. Arborio rice
- 1 bunch chopped basil

Directions

1. Place a large saucepan over high heat. Stir in it half of the leeks with Almond Breeze Unsweetened Original, Thai paste and dried coconut.
2. Cook them until they start boiling. Stir in the chicken breasts and cook them for 7 to 9 min.
3. Place a large saucepan over medium heat. Heat in it the oil.
4. Cook in it the remaining leeks with peppers and garlic for 6 min.
5. Add the rice and cook them for 2 min. Stir in the chicken mixture. Lower the heat and put on the lid.
6. Cook the risotto for 14 to 16 min while stirring from time to time.
7. Adjust the seasoning of your risotto then serve it warm.
8. Enjoy.

ENGLISH

Tuna Risotto



Prep Time: 10 mins



Total Time: 50 mins

Servings per Recipe: 4

Calories 186.3

Fat 8.4g

Cholesterol 24.2mg

Sodium 576.8mg

Carbohydrates 18.7g

Protein 8.6g



Ingredients

Tuna	2 C. water
4 tuna steaks	1 onion, diced
1 tbsp Worcestershire sauce	1 garlic clove, crushed
1 tsp salt and pepper	1 tbsp butter
1 tbsp lemon juice	3/4 C. shredded mozzarella cheese
Risotto	2 tbsp lemon juice
1 C. risotto rice	
2 C. chicken broth	

Directions

1. To prepare the risotto:
2. Place a large skillet over medium heat. Heat in it the butter.
3. Cook in it the onion for 3 min. Stir in the rice and cook them for 1 min. Lower the heat and stir in 1/2 C. broth and 2 tbsp lemon juice until the rice absorbs it. Repeat the process with the remaining broth and water until all of it is absorbed while stirring.
4. Cook them until the risotto is creamy.
5. To prepare the tuna:
6. Get a mixing bowl: Whisk in it the Worcestershire sauce and lemon juice. Coat the tuna steaks with the mixture. Season them with a pinch of salt and pepper.
7. Place a large skillet over medium heat. Heat in it the oil.
8. Cook in it the steaks for 2 to 3 min on each side. Serve them warm with the risotto.
9. Enjoy.

Mushroom Florets Risotto

 Prep Time: 15 mins
 Total Time: 1 hr

Servings per Recipe: 4

Calories	238.3
Fat	15.4g
Cholesterol	24.9mg
Sodium	628.5mg
Carbohydrates	12.3g
Protein	15.0g

Ingredients

1 onion, sliced	4 oz. parmesan cheese, grated
4 oz. mushrooms, sliced	1 C. almond milk
2 tbsp extra virgin olive oil, divided	1/4 tsp salt
1 cauliflower head, riced	1/4 tsp pepper
1/4 C. flat leaf parsley, chopped	
1 tbsp fresh rosemary, chopped	

Directions

1. Before you do anything, preheat the oven to 350 F.
2. Place a large skillet over medium heat. Heat in it 1 tbsp of EVOO.
3. Cook in it the onion for 3 min. Turn off the heat.
4. Get a mixing bowl: Toss in it the herbs with cauliflower and Evoo. Pour the mixture into a baking sheet.
5. Cook them in the oven for 32 min.
6. In the meantime, place a pan over medium heat.
7. Stir in it the baked cauliflower with onion, mushroom, cheese, milk, a pinch of salt and pepper.
8. Cook them until they start boiling. Lower the heat and let them cook for 6 min. Serve it warm.
9. Enjoy.

HOLIDAY Risotto



Prep Time: 20 mins

Total Time: 1 hr

Servings per Recipe: 4

Calories 506.1

Fat 15.1g

Cholesterol 5.5mg

Sodium 109.7mg

Carbohydrates 83.6g

Protein 12.1g

Ingredients

3 lb. pumpkin, peeled and diced
2 tbsp oil
4 C. of boiling vegetable stock
1 onion, diced
2 garlic cloves, crushed
1 1/2 C. Arborio rice
1 1/2 C. baby spinach leaves
1/4 C. parmesan cheese

1/4 C. pine nuts, toasted
extra grated parmesan cheese

Directions

1. Before you do anything, preheat the oven to 400 F.
2. Put the pumpkin in a baking pan. Cook it in the oven for 22 min.
3. Place a large saucepan over medium heat. Heat in it the oil.
4. Cook in it the garlic with onion for 6 min. Add the rice and cook them for 1 min.
5. Stir 1 C. of boiling stock. Cook them until the rice absorbs while stirring.
6. Repeat the process with the remaining stock until all of it is absorbed.
7. Add the cheese with pine nuts, pumpkin, spinach, a pinch of salt and pepper. Serve it warm.
8. Enjoy.

September's Quinoa Risotto



Prep Time: 15 mins



Total Time: 30 mins

Servings per Recipe: 4

Calories 196.1

Fat 6.1g

Cholesterol 0.0mg

Sodium 584.7mg

Carbohydrates 29.3g

Protein 6.3g

Ingredients

1 tbsp olive oil
1 C. quinoa
1/2 onion, chopped
1 garlic clove, chopped
1 tsp ginger, chopped
2 C. vegetable broth
2 tsp curry powder
3 C. vegetables, diced

1 tsp salt
1 dash cayenne

Directions

1. Place a large skillet over medium heat. Heat in it the oil.
2. Cook in it the onions, garlic, and ginger for 3 min. Stir in the quinoa and cook them for 2 min.
3. Stir in the broth and cook them until they start boiling. Lower the heat and add the curry powder.
4. Put on the lid and let them cook for 6 min. Stir in the veggies and cook them until all the broth is absorbed.
5. Adjust the seasoning of your risotto then serve it warm.
6. Enjoy.

AUGUST'S

Quinoa Risotto



Prep Time: 15 mins



Total Time: 45 mins

Servings per Recipe: 4

Calories 636.7

Fat 30.9g

Cholesterol 41.6mg

Sodium 404.8mg

Carbohydrates 64.2g

Protein 26.8g

Ingredients



4 tbsp olive oil
1 onion, chopped
3 garlic cloves, minced
10 - 15 button mushrooms, sliced
1 summer squash, sliced
2 C. quinoa
3 C. vegetable broth
1 C. milk

1 C. mozzarella cheese
1/2 C. parmesan cheese
salt and pepper

Directions

1. Place a large saucepan over medium heat. Heat in it the oil.
2. Cook in it the onion with garlic for 3 min. Stir in the mushrooms and cook them for 4 min.
3. Stir in the zucchini and cook them for 2 to 3 min. Stir in the quinoa and cook them for 1 min.
4. Stir in 1 C. of broth and cook them until the quinoa absorbs it.
5. Repeat the process with the remaining broth. Stir in the milk and cook the risotto until it becomes creamy.
6. Stir in the cheese with a pinch of salt and pepper. Heat it until it melts. Serve it warm.
7. Enjoy.

Gilroy Garlic Risotto

 Prep Time: 10 mins
 Total Time: 40 mins

Servings per Recipe: 4

Calories	527.5
Fat	12.2g
Cholesterol	14.8mg
Sodium	772.5mg
Carbohydrates	90.7g
Protein	12.8g

Ingredients

2 C. Arborio rice	1 C. bell pepper
1 onion	1/2 C. cheddar cheese
2 vegetable bouillon cubes, dissolved in 1 ltr. hot water	2/3 C. stewed tomatoes
1 bulb of garlic, minced	2 tbsp olive oil
2 tbsp soy sauce	salt and pepper
1 tsp chili flakes	
1 tbsp basil	

Directions

1. Place a large saucepan over medium heat. Heat in it the oil. Cook in it the onion with garlic for 6 min.
2. Stir in the peppers and cook them for 3 min. Stir in the rice and cook them for 1 min.
3. Stir in a ladle of stock with the stewed tomatoes. Cook them while stirring the rice absorbs it.
4. Stir in the soy sauce, chili flakes, and basil.
5. Add the remaining stock gradually while stirring until the rice absorbs it all.
6. Stir into the cheese with a pinch of salt and pepper. Serve your risotto warm.
7. Enjoy.





Risotto with Scallops



Prep Time: 5 mins



Total Time: 35 mins

Servings per Recipe: 4

Calories 537.7

Fat 11.4g

Cholesterol 27.2mg

Sodium 483.1mg

Carbohydrates 84.6g

Protein 21.5g

Ingredients

1 tbsp oil
cracked black pepper and sea salt
1 lb. scallops
5 1/2 C. of boiling vegetable stock
2 tbsp oil
2 C. Arborio rice

2 tsp lemon rind, grated
6 1/2 oz. baby spinach leaves
cracked black pepper and sea salt
parmesan cheese, shavings

Directions

1. Place a large saucepan over medium heat. Heat in it the oil.
2. Cook in it the rice for 1 min. Stir in the stock gradually while stirring until the rice absorbs it all.
3. Season it with a pinch of salt and pepper. Add the spinach with lemon rind.
4. Place a skillet over high heat. Season the scallops with a pinch of salt and pepper.
5. Sear them for 25 to 35 sec on each side. Spoon them over the risotto and serve them warm.
6. Enjoy.

KATHY'S Potluck Risotto



Prep Time: 15 mins



Total Time: 55 mins

Servings per Recipe: 4

Calories 1020.7

Fat 26.7g

Cholesterol 77.8mg

Sodium 1896.9mg

Carbohydrates 147.1g

Protein 42.8g

Ingredients

10.5 oz. boneless skinless chicken
breasts, diced

12 oz. rice

2 oz. onions, minced

4 tbsp olive oil

7 oz. plum tomatoes, peeled, seeded and
diced

24.5 oz. chicken stock

2 tsp salt

1 tsp pepper

1 tsp dry basil

2 tsp dry oregano

1/2 tbsp hard goat cheese



3.5 oz. parmesan cheese, grated

1 tbsp fresh parsley leaves, minced

Directions

1. Place a large saucepan over medium heat. Heat in it the oil.
2. Cook in it the chicken with a pinch of salt for 4 min. Stir in the parsley, basil, tomato, and oregano.
3. Cook them until they become dry. Stir in the rice with stock.
4. Let them cook for 20 to 22 min until the risotto becomes creamy.
5. Once the time is up, stir in the parmesan and goat cheese. Serve your risotto warm.
6. Enjoy.

Risotto Chicken Dinner

 Prep Time: 10 mins
 Total Time: 30 mins

Servings per Recipe: 3

Calories	458.1
Fat	16.5g
Cholesterol	59.5mg
Sodium	735.1mg
Carbohydrates	47.6g
Protein	29.0g

Ingredients

2 tbsp olive oil	2 C. cooked rice
10.5 oz. skinless chicken breasts, sliced into strips	1/4 C. sliced black olives
1 large bell pepper, julienned	1 C. chicken gravy
1/4 large red onion, julienned	grated parmesan cheese
1 tbsp white pepper	dried parsley
1 tbsp minced garlic paste	fresh parsley sprig
1 tbsp dried oregano	
1 tbsp chopped fresh basil	
1 tsp soy sauce	

Directions

1. Place a large pan over medium heat. Heat in it the oil.
2. Cook in it the chicken strips for 3 min. Stir in the bell pepper, onion, pepper, garlic, and oregano.
3. Cook them for 3 min. Stir in the basil, soy sauce, rice, and black olives. Cook them for another 3 min.
4. Stir in the gravy and cook them until they start boiling. Lower the heat and let them cook for 9 to 11 min.
5. Stir in the parsley flakes with parmesan cheese. Serve your risotto warm.
6. Enjoy.

ROASTED

Mozzarella Risotto



Prep Time: 30 mins



Total Time: 1 hr

Servings per Recipe: 10

Calories 386.5

Fat 18.8g

Cholesterol 94.0mg

Sodium 372.1mg

Carbohydrates 38.6g

Protein 16.4g

Ingredients

- 1.5 oz. butter
- 1 tbsp oil
- 1 large leek, sliced
- 1 garlic clove, crushed
- 2 C. Arborio rice
- 4 C. vegetable stock
- 1 C. water
- 1/2 C. cream
- 2 bunches asparagus, chopped
- 1.5 oz. baby spinach leaves
- 1 C. parmesan cheese, grated
- 2 tbsp parsley, chopped
- 2 eggs, lightly beaten
- 6.5 oz. baby bocconcini, drained
- 1/2 C. tasty cheese, grated

Directions

1. Place a large saucepan over medium heat. Heat in it the butter.
2. Cook in it the garlic with leek for 3 min. Stir in the rice and cook them for 2 min.
3. Stir in the water with cream and stock. Cook them until they start boiling.
4. Lower the heat and simmer it for 11 min.
5. Before you do anything, preheat the oven to 356 F.
6. Add the asparagus, spinach leaves, parmesan, and parsley.
7. Turn off the heat and add the eggs. Pour half of the mixture into a baking pan.
8. Top it with the bocconcini. Cover it with the remaining risotto. Top it with cheese.
9. Bake it for 26 min. Allow the risotto casserole to rest for 12 min. Serve it warm.
10. Enjoy.

Italian Risotto



Prep Time: 15 mins



Total Time: 55 mins

Servings per Recipe: 4

Calories 760.1

Fat 17.3g

Cholesterol 15.2mg

Sodium 1017.3mg

Carbohydrates 128.1g

Protein 23.7g

Ingredients

4 C. vegetable broth
1 C. water
2 carrots, peeled and diced
12 stalks asparagus, trimmed and cut on the diagonal into lengths
2 bay leaves
2 tsp dried sage, divided
3 tbsp olive oil
1 large onion, chopped
1 lb. Arborio rice

1/2 C. limoncello, or chicken broth
2 C. fresh green peas
1/3 C. grated mozzarella cheese
1/4 C. grated parmesan cheese
salt and pepper

Directions

1. Place a large saucepan over medium heat. Stir in it the water with broth and heat them until they start boiling.
2. Stir in the carrots, asparagus, bay leaves, 1 tsp sage and salt and pepper.
3. Put on the lid and lower the heat. Let them cook for 12 min. Stain the veggies and place the broth aside.
4. Place a large pan over medium heat. Heat in it the oil. Cook in it the onion for 3 min.
5. Stir in the rice and cook them for 2 min. Stir in the limoncello and cook them for 1 min.
6. Stir 1 C. of broth and cook them until the rice absorbs it.
7. Repeat the process with the remaining broth until the rice absorbs all of it.
8. Turn off the heat and stir in the rest of the sage with veggies, green peas, and cheeses.
9. Cook them until the risotto becomes creamy. Serve it right away.
10. Enjoy.

25-MINUTE Chicken Risotto



Prep Time: 10 mins



Total Time: 25 mins

Servings per Recipe: 4

Calories 342.9

Fat 5.6g

Cholesterol 79.4mg

Sodium 389.5mg

Carbohydrates 42.5g

Protein 28.4g



Ingredients

- 1/2 tbsp oil
- 1/2 onion, chopped
- 1 lb. ground chicken
- 1 (8 oz.) cans tomato sauce
- 1 C. long grain white rice, uncooked
- 1/4 C. parmesan cheese, grated
- 1/4-1/2 C. mozzarella cheese, shredded
- salt and pepper

Directions

1. Prepare the rice by following the instructions on the package.
2. Place a large deep pan over medium heat. Heat in it the oil. Cook in it the onion for 3 min.
3. Stir in the meat with a pinch of salt and pepper. Cook them for 7 min. Discard the excess grease.
4. Stir in the tomato sauce and cook them for 2 min. Stir in the rice with cheeses.
5. Adjust the seasoning of your risotto then serve it warm.
6. Enjoy.

True Country Risotto

 Prep Time: 45 mins
 Total Time: 45 mins

Servings per Recipe: 6

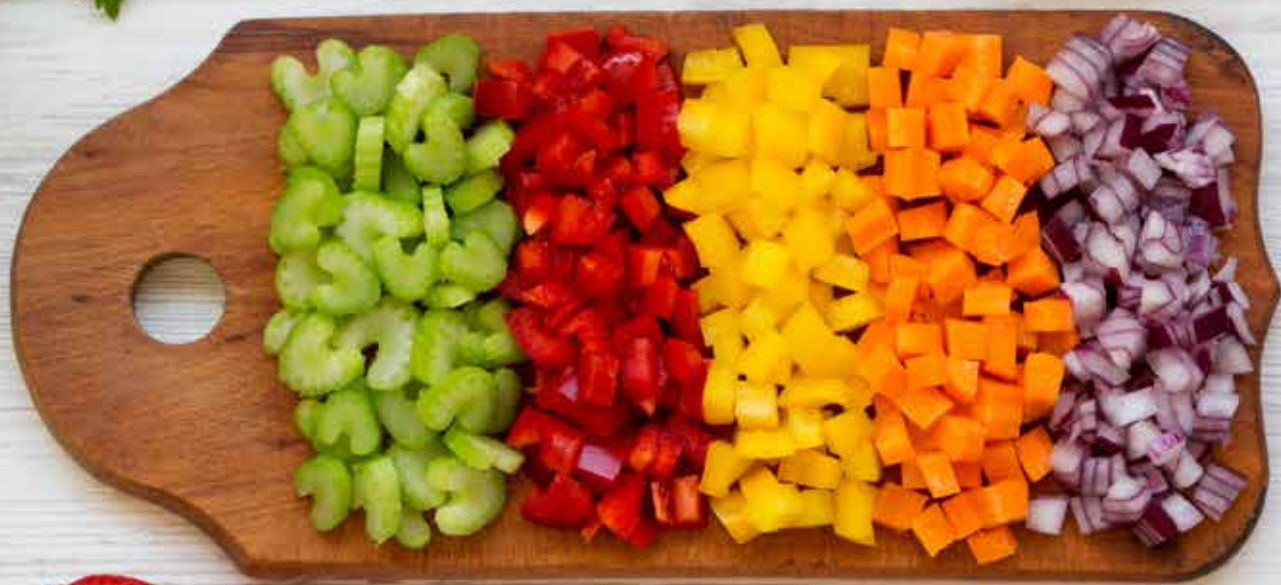
Calories	459.0
Fat	14.5g
Cholesterol	52.5mg
Sodium	1059.2mg
Carbohydrates	58.2g
Protein	14.6g

Ingredients

2 quarts chicken broth	1 C. dry white wine
18 large shrimp, peeled and deveined	2 tbsp lemon zest
2 tbsp olive oil	2 tbsp lemon juice
4 tbsp unsalted butter	2 tbsp tarragon leaves, chopped
1 large onion, peeled and diced	
2 C. Arborio rice	

Directions

1. Place a large pot over medium heat. Heat in it the broth until it starts boiling.
2. Stir in the shrimp and cook them for 6 min. Drain it and place it aside.
3. Place a large saucepan over medium heat. Heat in it the oil with 2 tbsp of butter.
4. Cook in it the onion for 5 min. Stir in the wine and cook them until they start boiling.
5. Stir in the rice with 1 C. of boiling broth. Cook them while stirring until it is absorbed.
6. Repeat the process with the remaining broth until all of it is absorbed.
7. Add 1 tbsp of lemon juice, 1 tbsp of lemon zest, a pinch of salt and pepper. Cook them for 1 min.
8. Add the shrimp, tarragon and remaining 2 Tbsp butter. Serve your risotto warm.
9. Enjoy.





DIJON

Beef Risotto



Prep Time: 10 mins



Total Time: 25 mins

Servings per Recipe: 2

Calories 588.3

Fat 30.5g

Cholesterol 89.0mg

Sodium 557.7mg

Carbohydrates 47.4g

Protein 29.1g



Ingredients

- 8 oz. beef tenderloin steaks
- 1/4 C. kraft special collection sun-dried tomato vinaigrette dressing, Divided
- 3/4 C. zucchini, Chopped
- 1/4 C. carrot, Shredded
- 1/4 C. red pepper, Chopped
- 1 C. White Rice, Uncooked
- 3/4 C. chicken broth
- 1/2 C. milk
- 2 tbsp Grey Poupon Dijon Mustard

Directions

1. Place a large saucepan over medium heat. Heat in it 1 tbsp of dressing.
2. Cook in it the zucchini, carrot, and red pepper for 3 min.
3. Add the rice with broth, mustard, milk, a pinch of salt and pepper. Cook them until they start boiling.
4. Put on the lid and turn off the heat. Let it sit for 6 min.
5. Place a large pan over medium heat. Heat in it the rest of the dressing.
6. Cook in it the steaks for 5 to 6 min on each side. Serve them warm.
7. Enjoy.

Seattle Vegetable Risotto

 Prep Time: 10 mins
 Total Time: 35 mins

Servings per Recipe: 6

Calories	777.8
Fat	36.0g
Cholesterol	94.1mg
Sodium	1688.3mg
Carbohydrates	89.9g
Protein	22.0g

Ingredients

10 C. chicken broth
1 1/2 lbs. small zucchini, chopped
10 oz. carrots, chopped
3/4 C. butter
3 C. Arborio rice
1/2 C. cream, scalded

3/4 C. grated parmesan cheese
2 tbsp minced parsley
1 tbsp minced basil

Directions

1. Place a large saucepan over medium heat. Heat in it the broth until it starts boiling.
2. Place a pot over medium heat. Stir in it the zucchini and carrots in 1/2 C. of butter. Cook them for 6 min.
3. Stir in 1 C. of stock. Cook them for 4 min while stirring until the rice absorbs it.
4. Repeat the process with the remaining broth until the rice absorbs all of it.
5. Once the time is up, add the rest of the butter with cream, a pinch of salt and pepper. Serve it warm.
6. Enjoy.

LATE OCTOBER

Pine Nut Risotto



Prep Time: 20 mins



Total Time: 1 hr

Servings per Recipe: 4

Calories 751.6

Fat 18.3g

Cholesterol 9.4mg

Sodium 138.5mg

Carbohydrates 129.3g

Protein 16.0g

Ingredients

- 2 tbsp olive oil
- 1 large onion, chopped
- 1 clove garlic, crushed
- 1 - 2 tbsp fresh sage
- 3 C. Arborio rice
- 2 C. fresh pumpkin, diced
- 1 3/4 pints boiling vegetable stock
- 1/3 C. pine nuts
- 1/3 C. shredded parmesan cheese
- 4 tbsp milk
- 1 pinch ground nutmeg
- salt
- ground black pepper

Directions

1. Place a large skillet over medium heat. Heat in it the oil.
2. Cook in it the sage with onion and sage for 6 min. Stir in the pumpkin with rice.
3. Cook them for 2 min. Stir 1/4 pint of stock. Cook them until the rice absorbs it while stirring.
4. Repeat the process with the remaining stock until the risotto becomes creamy.
5. Get a food processor: Combine in it the pine nuts, cheese, milk, and nutmeg. Blend them smooth.
6. Add it to the risotto with a pinch of salt and pepper. Cook them for 3 min then serve it warm.
7. Enjoy.

Oyster Mushroom and Barley Risotto (Brown Basmati Risotto)



Prep Time: 10 mins



Total Time: 1 hr 10 mins

Servings per Recipe: 4

Calories 194.3

Fat 3.8g

Cholesterol 5.5mg

Sodium 126.1mg

Carbohydrates 33.5g

Protein 9.5g

Ingredients

6 C. water
2/3 brown basmati rice
2/3 C. pearl barley
1 tsp olive oil
1 lb. oyster mushroom, sliced
1/2 C. vegetable broth

1/4 C. grated parmesan cheese
1/4 tsp ground pepper

Directions

1. Place a pot over medium heat. Heat in it the water until it starts boiling.
2. Stir in it the barley with rice and a pinch of salt. Bring them to a boil.
3. Lower the heat and let them cook for 46 min while stirring often.
4. Place a large skillet over medium heat. Heat in it the oil.
5. Cook in it the mushrooms for 9 min. Drain the rice and barley then add them to the pan.
6. Cook them for 2 min. Stir in the cheese with broth. Cook them until the risotto becomes creamy.
7. Adjust its seasoning then serve it warm.
8. Enjoy.

OVEN ROASTED Risotto



Prep Time: 20 mins



Total Time: 1 hr 10 mins

Servings per Recipe: 6

Calories 391.6

Fat 23.9g

Cholesterol 42.3mg

Sodium 620.4mg

Carbohydrates 37.2g

Protein 8.3g

Ingredients

4 tbsp butter	drained, sliced and sautéed
1 onion, chopped	1/2 C. mayonnaise
1 tbsp minced garlic	1/2 C. sour cream
2 celery ribs, diced	black pepper
1 small green bell pepper, seeded and chopped	1/2 tsp garlic powder
1 (10 oz.) can cream of mushroom soup, undiluted	2 1/2 C. cold cooked rice
5 oz. milk	1/3 C. grated parmesan cheese
1 (10 oz.) cans sliced mushrooms, well	

Directions

1. Before you do anything, preheat the oven to 350 F.
2. Grease a baking dish with some butter. Place it aside.
3. Place a large pan over medium heat. Heat in it the butter. Cook in it the onion with bell pepper and celery for 6 min.
4. Stir in the garlic and cook them for 3 min. Drain the mixture and place it in a large bowl.
5. Stir the soup, milk, drained canned mushrooms mayonnaise, sour cream, black pepper, garlic powder and cooked cold rice.
6. Season them with a pinch of salt and pepper. Combine them well. Spoon the mixture into the greased casserole.
7. Top it with cheese then bake it for 36 to 46 min. Serve it warm.
8. Enjoy.

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