

# Asparagus Risotto

2 T. extra virgin olive oil

1 lb. organic asparagus, trimmed, blanched and sliced into 2-inch pieces on the bias

½ onion, chopped

1 clove garlic, minced

1 c. Lundberg organic arborio rice

1 t. finely chopped lemon zest

4-6 c. Pacific organic chicken broth

sea salt and freshly ground pepper to taste

¼ c. chopped Italian parsley

1 T. Organic Valley unsalted butter

½ c. grated Parmigiano Reggiano

- 1) Heat olive oil in a large skillet or sauté pan. Add onion and then garlic and sauté for a minute.
- 2) Add rice and sauté for 1 minute, stirring constantly. Then add 1 ladle of stock while stirring rice. Continue stirring until almost all liquid is absorbed.
- 3) Continue adding stock in the same manner until rice is done (about 15 minutes). Rice will be tender and creamy.
- 4) When the risotto is just about done, stir in asparagus and warm through. Then add the parsley, lemon zest, cheese and butter. Season to taste with salt and pepper. Serve immediately.

Nutrition (per serving): 259.7 calories; 35% calories from fat; 10.1g total fat; 12.4mg cholesterol; 781.8mg sodium; 383.4mg potassium; 30.3g carbohydrates; 1.8g fiber; 1.5g sugar; 28.5g net carbs; 11.5g protein.