



Fresh Herb Risotto

serves 4

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McKenzieZieglerNutrition

INGREDIENTS

- 7 cups vegetable broth
- 2 Tablespoons olive oil
- 2/3 cup finely chopped onion (substitute green onions, shallots, or leek)
- ½ teaspoon salt
- 1½ cups arborio rice
- 4 cloves garlic, minced
- ½ cup dry white wine (*optional*)
- 2 cups finely chopped fresh herbs, such as parsley, basil, tarragon, chives, chervil, dill
- black pepper, to taste
- 1 teaspoon lemon zest
- 1 Tablespoon lemon juice
- ½ cup grated parmesan cheese

INSTRUCTIONS

- Heat large pot over medium-high heat.
- In a large pot, bring broth to a simmer over medium heat.
- Meanwhile, in a large skillet with tall sides, heat the olive oil over medium heat.
- Add the onion and ½ teaspoon salt, and cook until just softened but not browned, about three minutes.
- Stir in the rice and garlic, and continue stirring to toast the rice until the grains start to pop, about 1-2 minutes.
- Add the wine (if using) and cook while stirring until it is absorbed.
- Using a ladle, add just enough simmering broth to cover the rice (about ½ cup) and allow broth to be absorbed.
- Continue gradually adding broth for a total of 20-25 minutes.
- Stir the rice almost constantly and allow the broth to be absorbed with each addition.
- The rice is done when it is creamy, tender but still chewy, and almost all the broth is used
- Add one more ladleful of broth.
- Stir in the herbs, black pepper, lemon zest, lemon juice, and parmesan, and remove from the heat. Serve and enjoy!