

# LEMON RISOTTO WITH ASPARAGUS AND PEAS

Risotto does require some babysitting, which is why I think people avoid making it during the week and with good reason. Double the recipe and freeze half minus the fresh vegetables. It revives beautifully with some broth and the addition of fresh vegetables topped with some Parmesan cheese. Your family will never know the difference and you'll spare yourself some time in the kitchen.

---

## INGREDIENTS

4 cups vegetable stock  
2 tablespoons unsalted butter  
1 shallot, finely minced  
1 clove garlic, finely minced  
1 cup Arborio rice  
½ cup white wine  
½ cup frozen peas, thawed  
1 bunch (25-30) pencil asparagus, tips only (if regular asparagus, cut in half lengthwise)  
1 tablespoon lemon zest  
½ teaspoon salt  
¼ teaspoon black pepper  
¾ cup Parmesan cheese, finely grated

## MAKES FOUR

- 1 Place vegetable stock in a medium sauce pan. Bring to boil then lower to simmer.
- 2 Heat a heavy-bottom pan to medium and add butter. Once butter has melted, add shallots and garlic, and cook for about 2 minutes or until translucent.
- 3 Add Arborio rice and toast the rice for about 2-3 minutes until the middle part becomes opaque.
- 4 Add wine to pan and cook for about 2-3 minutes or until the liquid has absorbed.
- 5 Ladle about ½ cup of the warmed broth to the rice and stir slowly until the broth is almost absorbed. Continue to add broth until there is about 1 cup of broth left.
- 6 Add asparagus and peas and then add remaining broth.
- 7 Add lemon zest, salt and pepper to the rice and stir.
- 8 Turn heat off and add Parmesan cheese. Adjust seasoning if necessary.

---

## NOTES

- Lobster, monkfish, or shrimp would taste fantastic with this recipe.
- For Lower-GI, add more asparagus, peas, and protein to eat more vegetables with only a little bit of risotto peeking through.