

Roasted Corn and Veggie Risotto

THE JAMES
Mobile
Education
Kitchen

Heart Health

Items Needed: cutting board, knife, measuring cups, large saucepot, spoon, small saucepot, ladle, sheet tray or grill.

Serves: 4

Ingredients:

- 1 ½ cups risotto rice
- 6 cups of low sodium vegetable stock
- ½ white or yellow onion
- 2 tsp olive oil
- 2-4 garlic cloves (depending on how garlicky you enjoy your food.)
- 1 Tbsp of lemon juice
- 2-3 ears of corn
- Any other veggies that you would prefer:
 - Green beans
 - Spinach
 - Kale
 - Brussel sprouts
- Lean protein

Directions:

1. In a small saucepot, prepare your stock and bring to a simmer.
2. Dice your onion and chop your garlic.
3. In the large saucepot, bring oil to medium heat. Add the onion and garlic and saute until translucent. Add the risotto rice and toast lightly with the onion and garlic. Deglaze the pan with a little lemon juice.
4. Slowly add veggie stock a few ladles at a time. Let the stock cook into the rice and when it is absorbed, add more stock a little at a time and continue to stir intermittently.



5. While watching the risotto, either prepare your grilled corn, or shave off the kernels and roast in the oven.
6. If you are adding more veggies, add to the roasting pan and roast until appropriately caramelized.
7. When the rice is cooked through and creamy, season with salt and pepper to taste, either mix in the vegetables or top the risotto with your roasted veggies.
8. Enjoy alone or top with a lean protein.

Nutrition Information (per ¼ recipe):

Calories: 166 Fat: 6.7 g Carbs: 74.8 g Protein: 7.7 g Fiber: 3.3 g Sodium: 470mg

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