

RECIPE OF THE WEEK

FEATURING: *ASPARAGUS!*

SPRINGTIME ASPARAGUS AND MUSHROOM RISOTTO

ADAPTED FROM VEGANREVIVAL.WORDPRESS.COM

Serves: 6

Ingredients

- 1 1/2 cups Arborio rice
- 3 cups no-salt vegetable broth
- 1/2 cup cashews, soaked in water overnight
- 1 cup water
- 2 teaspoons nutritional yeast flakes
- 3 tablespoons lemon juice
- 1 medium yellow onion, finely diced
- 3 cloves garlic, minced
- 1 teaspoon dried thyme
- 6-8 oz. white button or Crimini mushrooms, sliced
- 1 1/2 cups dry white wine
- 1 lb. asparagus, cut into 2 inch pieces
- 3 tablespoons lemon juice
- Salt and pepper, to taste

Instructions

Drain the cashews and add them to a blender along with the water, lemon juice, and nutritional yeast flakes. Blend until very smooth. Set aside.

Warm the broth in a saucepan or microwave, set aside.

Sauté the onions, garlic, and thyme in a heavy bottomed sauce pan, over medium heat, until the onions become translucent, about 5-7 minutes, adding 1-2 Tbsp. of water, as needed, to prevent the vegetables from sticking. Once cooked, add the mushrooms and sauté until most of the water has been evaporated.

Add the rice and stir to coat. Add the white wine and stir occasionally, until most of the wine has absorbed, about 5-7 minutes.

Turn the heat down to medium-low. Add the broth one cup at a time, stirring the risotto after each addition until most of the broth has absorbed, about 6-8 minutes for each addition. When the last cup of broth is added, also add the cashew cream from the blender. Add salt and pepper to taste.

Continue stirring to cook down until as much liquid as you desire has been absorbed. At this point, add the asparagus and stir to incorporate. Cook to desired doneness. The rice should be slightly al dente with a creamy sauce.

Note

Short grain brown rice may be substituted for the Arborio rice. A less creamy, but equally delicious (and healthier), risotto will result!

Brought to you by...
Paradise Produce & Brenda Johnson MD
(brendajohnsonmd.com)