



Asparagus and Spinach Risotto

Prep: 10 minutes | Cook: 30 minutes | Total: 40 minutes

Yield: 4 servings | Serving Size: 1 cup

Ingredients

4 cups (32 ounces) low-sodium chicken or vegetable broth
1 tablespoon olive oil
1 medium onion, diced (about 1 cup)
1 cup uncooked Arborio (risotto) rice
¼ teaspoon salt
¼-½ teaspoon ground black pepper, to taste
3 cups fresh spinach
1 pound asparagus, cut into bite-sized pieces (about ½- to 1-inch-long)
¼ cup grated or shredded parmesan cheese
1-2 tablespoons lemon juice or white wine vinegar (optional)

Directions

1. Add the broth to a large saucepan or stockpot and bring to a simmer over high heat, then reduce the heat to low.
2. Place a separate large skillet or sauté pan on a different burner over medium heat.
3. Add the oil to the pan and heat until shimmering.
4. Add the onion to the pan with the oil and cook until softened, about 3-5 minutes, stirring occasionally.
5. Add the rice to the pan with the onion and cook, stirring constantly, for 1 minute.
6. Add ½ cup of the hot broth, salt and pepper. Bring to simmer and cook, stirring constantly, until the broth is absorbed.
7. Continue adding the hot broth about ½ cup at a time and cook, stirring constantly, until it is absorbed before adding more. Cook until all the broth has been added and absorbed, about 17-20 minutes, adding the asparagus once you have added about half of the broth.
8. Add the spinach and cook, stirring often, until wilted, about 2-3 minutes.
9. Stir in the parmesan cheese and lemon juice or vinegar (if using), then serve warm.

Nutrition Facts Per Serving: Calories: 145 | Total Fat: 5.5 g | Saturated Fat: 2.5 g
Sodium: 355 mg | Total Carbohydrate: 15 g | Dietary Fiber: 2.5 g | Protein: 8 g

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