Saffron Risotto With Peas and Asparagus

Source: The Get Healthy, Go Vegan Cookbook by Neal Barnard, MD; recipe by Robyn Webb

Serve this dish at your next springtime celebration!

About the Recipe

375 Calories · 8.5 g Protein · 2.4 g Fiber
Dinner
Gluten-free · Nut-free

Ingredients

Makes 6 Servings

- 8 1/2 c (2,010 mL) low-sodium vegetable broth
- 1 large onion, chopped
- 1 large leek, white part only, thinly sliced
- 3 garlic cloves, minced
- 2 1/2 c (488 g) Arborio rice
- 1/4 tsp (1.2 mL) iodized salt
- 1/8 tsp (0.6 mL) freshly ground black pepper
- 1/8 tsp (0.6 mL) saffron threads
- 1/2 c (120 mL) dry white wine
- 1/2 lb (227 g) asparagus, trimmed and cut into 2-inch (5-cm) lengths
- 1 c (134 g) green peas
- 1/2 c (12 g) or 1 bunch fresh basil, chopped

Directions

1. In a large skillet or saucepan, heat 1/2 c (120 mL) broth. Add the onion, leek, and garlic and saute for 3 minutes. Add the rice and saute for 5 minutes. Keep stirring the rice as you saute to keep it from sticking to the bottom of the pan. Season with salt and black pepper.
2. In a separate pot, heat 8 c (1,890 mL) broth. Crumble in the saffron threads and stir to dissolve. Not all threads will dissolve, and that is OK. Add the wine to the rice and cook until the rice absorbs the liquid.
3. Add a ladleful of broth to the rice and stir again until the liquid is absorbed. Stir in the asparagus, peas (fresh or frozen), and basil. Keep adding broth a ladleful at a time to the rice until all the broth is gone and the rice is creamy. The entire process takes about 20 to 25 minutes.

Nutrition Facts

Per serving (1/6 of recipe):

Calories: 375

Fat: 0.9 g

Saturated Fat: 0.2 g

Calories From Fat: 1.9%

Cholesterol: 0 mg

Protein: 8.5 g

Carbohydrate: 78.6 g

Sugar: 6.4 g

Fiber: 2.4 g

Sodium: 1,502 mg

Calcium: 59 mg

Iron: 3.7 mg

Vitamin C: 6.4 mg

Beta-Carotene: 834 mcg

Vitamin E: 0.5 mg