

## **Farmers' Market Risotto**

4 TBSP olive oil  
1 medium leek  
1 c sliced mushrooms  
2 small carrots, grated or matchstick  
1 c sugar snap peas, ends trimmed  
1 c asparagus spears, woody ends removed, cut into 1" long pieces  
4 c low-sodium chicken broth  
⅓ c California dry white wine  
1 c arborio rice  
1 TBSP minced fresh flat-leaf parsley  
¼ c freshly grated Parmesan cheese  
Salt  
Freshly ground pepper

1. In a nonstick skillet, heat 2 TBSP oil over medium-low heat. Add leek and saute until wilted, about 5 minutes
2. Stir in mushrooms and continue to cook, stirring for 2 minutes.
3. Add carrot, sugar snap peas, and asparagus. Continue to cook, stirring, for another minute.
4. Remove from heat, season with pepper and set aside.
5. In a medium saucepan over high heat, bring broth and wine to a boil. Reduce heat and keep broth mixture at a slow simmer.
6. In a large pot that has been lightly coated with cooking spray, heat the remaining 2 TBSP oil over medium heat. Add rice and stir well until all the grains of rice are coated.
7. Pour in ½ c of the hot broth/wine mixture into the rice and stir, using a wooden spoon, until all liquid is absorbed.
8. Continue adding the broth ½ c at a time, making sure the rice has absorbed the broth before adding more, reserving ¼ c of broth for the vegetables.
9. Combine ¼ c of the broth with the reserved vegetables. Once all broth has been added to the risotto and absorbed, add the vegetable mixture and continue to cook over low heat for 2 minutes. Rice should have a very creamy consistency.
10. Remove from heat and stir in parsley, parmesan and salt to taste. Stir well to combine.