

THERE'S A *Chef* IN MY KITCHEN™

THE GLUTEN-FREE COOKING COLLECTION

Recipe

RISOTTO WITH WILD MUSHROOMS, SPINACH & SUN-DRIED TOMATOES

Risotto is a dish almost every Italian cook knows how to make because it's a comfort dish. It's no wonder why - it's so satisfying and can literally be made in countless ways. You may think risotto is something you only order in restaurants, but trust me - you can do this at home. It looks more challenging then it really is. What you really need is a little patience. But the results are worth it

INGREDIENTS

Serves 4

- 2 cups arborio rice
- 8 oz crimini mushrooms (sliced or quartered)
- 8 oz shiitake mushrooms (1/4 inch slices)
- 6 slices of sun-dried tomatoes (slivered into julienne slices)
- 6 tablespoons extra virgin olive oil
- 4 cups fresh spinach
- 7 to 8 cups vegetable or chicken broth for the rice
- 1/2 cup vegetable or chicken broth for the mushrooms
- 1/2 onion (diced in 1/4 inch dice)
- 2 garlic cloves (finely chopped)
- Pinch red pepper flakes
- Pinch of dry italian seasoning (or fresh parsley or basil)
- Grated parmesan or pecorino romano to garnish (optional)

THERE'S A *Chef* IN MY KITCHEN™

THE GLUTEN-FREE COOKING COLLECTION

Recipe

RISOTTO WITH WILD MUSHROOMS, SPINACH & SUN-DRIED TOMATOES

INSTRUCTIONS

The risotto:

- Add the broth to a medium saucepan, warm over medium heat. Then keep warm over very low heat
- Place a large saucepan (2 quarts or larger) over medium/high heat. Add half of the olive oil and heat
- Add half the onions and cook until they begin to soften (about 4 minutes)
- Add half of the garlic, a pinch of red pepper flakes and cook just until the garlic begins to color (less than a minute)
- Add the rice and cook for a minute or so, stirring so that it's evenly coated with oil
- Add broth, a cup (or ladle) at a time, stirring frequently & adding more when the broth is absorbed. Continue until rice is cooked but still firm (about 18 - 20 minutes). Season with salt and pepper and add dry and/or fresh herbs. You can add some freshly grated parmesan at this point, if you like
- Add half of the spinach. Stir and set aside
- Add 1-2 slices of prosciutto, roll and serve

The mushrooms and other ingredients:

- Place a large sauté pan over medium/high heat. Add remaining oil and heat until hot but not smoking
- Add the remaining onions and cook until softened
- Add remaining garlic and a pinch of pepper flakes and cook just until garlic begins to color
- Add mushrooms and cook until they begin to color (about 4 - 5 minutes)

THERE'S A *Chef* IN MY KITCHEN™

THE GLUTEN-FREE COOKING COLLECTION

Recipe

RISOTTO WITH WILD MUSHROOMS, SPINACH & SUN-DRIED TOMATOES

INSTRUCTIONS contd

- Follow with the remaining spinach, sun-dried tomatoes and about ½ cup of the broth. Cook just until the spinach begins to wilt and the sauce reduces a bit. Season with salt and pepper.
- Add half of the sautéed ingredients to the risotto and mix
- Place a scoop of the risotto on each plate (or place all of it on a platter). Top each plate (or the platter) with the remaining sautéed ingredients in the pan.
- Add additional grated parmesan to garnish (optional)

THERE'S A *Chef* IN MY KITCHEN™

THE GLUTEN-FREE COOKING COLLECTION

Recipe

RISOTTO WITH WILD MUSHROOMS, SPINACH & SUN-DRIED TOMATOES

NUTRITION FACTS

Nutrition Facts	
Risotto with Wild Mushrooms Spinach and Sun-Dried Tomatoes	
Serving size: 1 portion	
Amount Per Serving	
Calories	457.8
Total Fat	24.4 g
Saturated Fat	5.6 g
Polyunsaturated Fat	4.3 g
Monounsaturated Fat	17.3 g
Cholesterol	14.4 mg
Sodium	2.0 g
Potassium	1.2 g
Total Carbohydrate	53.8 g
Dietary Fiber	7.6 g
Sugars	7.3 g
Protein	11.9 g