

## Recipe for Wild Mushroom Risotto

### Ingredients:

8 Oz. white button, crimini, or portabella mushrooms (chopped thin)  
½ cup small-diced onion  
1 cup white wine  
zest of 1 lemon  
½- 1 cup of Parmesan cheese  
½ cup cream  
½ tsp. black pepper  
1 tbsp. fresh minced garlic  
2 tbsp. butter  
fresh chopped parsley (garnish)  
1 cup Arborio rice  
4-5 cups of low-sodium vegetable or chicken stock

### Instructions:

1. In a large sauce melt butter over medium heat
2. Sauté mushrooms and onion until caramelized & translucent
3. Add fresh minced garlic and Arborio rice sauté until slightly browned
4. Drop in white wine reducing by half
5. Add in 1 cup of chicken stock and continue to add cup by cup until risotto is al dente with just a slight bite
6. Drop in cream
7. Once a majority of the cream has been absorbed
8. Turn off the heat & stir in the black pepper & parmesan cheese
9. Once the risotto is creamy, and the cheese has melted it is ready to be served
10. Garnish with fresh lemon zest & chopped parsley

Recipe Yield: 4-6 Servings