

# BRC Healthy Meal of the Week

## Asparagus Risotto with Parmesan Gremolata - Another Delicious, Well Balanced, Healthy Meal!

### Ingredients (Single Serving)

#### Total Prep Time 10 minutes

For the risotto:

1/3 pound asparagus  
1 cup low-sodium vegetable broth  
1/2 pinch saffron threads, chopped  
1 teaspoons olive oil or butter  
1 tablespoon onion, chopped  
1/3 cup Arborio rice

For the gremolata:

1 tablespoon chopped flat-leaf parsley  
1/2 teaspoon minced garlic  
1 teaspoon lemon zest  
2 teaspoons grated Parmesan cheese, optional

### Cooking Instructions—Total Cooking Time 35 minutes

1. Cut away all the tough ends from the asparagus, leaving only the tips and tender parts. Blanch in salted boiling water for 5 minutes, then refresh in cold water. Drain, pat dry, cut into 1 1/2 inch pieces and set aside.
2. Pour the broth into a saucepan and bring to a simmer; adjust the heat under the broth to maintain a gentle simmer. Ladle out 1 ladle of the hot broth, place in a bowl, add the saffron and set aside.
3. Melt the butter in a large sauté pan over medium heat. Add the onion and sauté until tender and translucent, about 5 to 8 minutes. Add the rice and stir until opaque, about 3 minutes. Add a ladleful of the simmering broth and stir until the broth is absorbed. Lower the heat and continue to add broth, a ladleful at a time.
4. For the final cup, add the saffron and its broth along with asparagus. Stir until the broth is absorbed and the rice kernels are al dente at the center and creamy on the outside, 20 to 25 minutes in all.
5. Combine the ingredients for the gremolata. When the rice is perfectly cooked, stir in the gremolata and heat through. Serve immediately. Pass the Parmesan if you like.

### Nutrition Facts

Serving Size is about 1 Bowl

- Calories 407
- Protein 13 g
- Total Carbohydrate 73 g
- Dietary Fiber 5 g
- Soluble Fiber 0 g
- Sugar 8 g
- Total Fat 7 g
- Saturated Fat 1 g
- Monounsaturated Fat 4 g
- Polyunsaturated Fat 1 g
- Trans Fatty Acid (tfa) 0 g
- Omega-3 Fatty Acid 0 g
- Omega-6 Fatty Acid 1 g
- Cholesterol 3 mg
- Percent Calories from Fat 16 %
- Percent Calories from Protein 13 %
- Percent Calories from Carbohydrate 72 %
- Vitamin A 1306 IU
- Vitamin B1- Thiamin 0 mg
- Vitamin B2 - Riboflavin 0 mg
- Vitamin B3 - Niacin 2 mg

