

Quinoa Risotto Primavera

From the American Institute for Cancer Research

http://www.aicr.org/enews/2018/04-april/enews-fresh-vegetable-risotto.html?utm_campaign=enews&utm_medium=email&utm_source=04052018email

Ingredients

- 2 1/2 cups cauliflower florets, cut in 1-inch pieces, stems well-trimmed
- 1 1/2 tablespoon extra virgin olive oil
- 1/2 cup finely chopped onion
- 2 tablespoons finely chopped shallot
- 2/3 cup quinoa, rinsed and drained
- 3 1/2 cups fat-free, reduced-sodium chicken broth, divided
- 1/3 cup thinly sliced baby carrots
- 1/2 cup frozen baby green peas
- 1/4 cup grated Parmesan cheese
- Salt and freshly ground black pepper
- 1/3 cup chopped flat leaf parsley

Instructions

1. Place cauliflower in food processor. Pulse until cauliflower resembles crumbled feta, about 15-20 pulses; there should be 2 cups chopped cauliflower to set aside. Use leftover to add to soup or salad.
2. In heavy, wide, large saucepan, heat oil over medium-high heat. Add onion and cook, stirring often, for 3 minutes. Add shallots and cook until golden, about 3 minutes, stirring occasionally. Add quinoa and cook, stirring constantly, until grain makes constant crackling, popping sound, about 5 minutes. Carefully add 2 cups broth, standing back as it will spatter. Cover, reduce heat and simmer quinoa for 10 minutes.
3. Add cauliflower, carrots and 1/2 cup hot broth and simmer, uncovered, for 5 minutes, stirring often. Add peas and enough broth to keep risotto soupy, about 1/4 cup. Cook 8-10 minutes, or until quinoa is al dente or to your taste and vegetables are tender-crisp, adding broth 1/4 cup at a time, as needed. Risotto is done when liquid is mostly absorbed and mixture is slightly wet, but no longer soupy. Off heat, stir in cheese and season to taste with salt and pepper. Garnish with parsley and serve. Leftover risotto keeps for 3 days, covered in refrigerator, and can be served at room temperature as a whole-grain salad.

Makes 8 servings

Nutrition information per serving

Calories: 120	Dietary Fiber: 3 g
Total Fat: 4.5 g	Sodium: 280 mg
Saturated Fat: 1 g	Protein: 5 g
Cholesterol:	Carbohydrates: 14 g