

MUSHROOM & TOMATO OAT RISOTTO

SUPERFOOD

Portion: 1-1/2 cup Yields: 6

Creamy risotto made with steel cut oats, mushrooms and tomatoes



CALORIES (kcal): 332

PROTEIN (g): 12.1

CARBOHYDRATE (g): 43.4

TOTAL FAT (g): 13.5

SODIUM (mg): 157.9

SAT FAT (g): 2.3

DIETARY FIBER (g): 7.3

INGREDIENTS:

1 qt, 3 cup Vegetable Broth

2 tbsp Oil, Olive

12 oz Fresh Sliced Crimini Mushrooms

2 tsp Minced Garlic Cloves, Fresh

1/8 tsp Kosher Salt

2 tbsp Oil, Olive

1 cup Diced Onions, Fresh

2 cup Steel Cut Oats

1 tbsp Minced Garlic Cloves, Fresh

2 cup Cherry Tomatoes, Fresh, Halved

1/2 cup Parsley, Fresh, Chopped

1/8 tsp Kosher Salt

1/8 tsp Ground Black Pepper

2 tbsp Cheese, Parmesan, Grated

METHOD:

Bring vegetable broth to a simmer in a small pot.

Meanwhile, heat oil in hot skillet and saute sliced mushrooms for 1 minute, add the garlic and cook 2 more minutes. Season with salt and remove from heat until ready for use.

Drizzle oil into a hot pan and saute onions until translucent. Add the oats and toast for 1 minute. Add garlic and stir another minute. Add half of the vegetable broth and simmer, stirring occasionally for about 30 minutes, adding more broth as needed. Cook until oat is al dente, tender with a little bite.

Add the reserved cooked mushrooms and halved tomatoes into the 'risotto.' Stir and heat for 2 minutes. Stir in parsley and season with salt and freshly ground black pepper. Serve immediately with garnish of parmesan cheese.

CHEF'S NOTES:

A savory dish with oatmeal, try with addition of seasonal vegetables.