Farm Fresh Risotto

Makes 2-3 servings

Ingredients:
3 cups chicken or vegetable broth
1 Tablespoon olive oil
2 green onions, chopped
2 garlic cloves, minced
Salt and pepper
3/4 cup Arborio rice, uncooked
1 small zucchini, chopped (about 1 cup)
1 large tomato, seeded and chopped (about 1 cup)
1 ear corn, kernels cut from the cob (about 3/4 cup)
1/4 cup parmesan cheese
Handful of fresh basil

Directions:

1. Bring chicken broth to a boil in a small saucepan. Reduce heat to low and keep hot.

2. In a large skillet on medium heat, add olive oil and green onions, season with salt and pepper. Sauté until tender, about 3 minutes. Add garlic and sauté for 30 more seconds.

3. Add Arborio rice then stir to coat in olive oil. Add 1/2 cup chicken broth then stir constantly until broth is absorbed. Continue adding broth, 1/2 cup at a time, stirring constantly until nearly absorbed before adding more.

4. When there’s 1/3 of the broth remaining, add zucchini, season with more salt and pepper, then continue stirring. When there’s 1/4 of broth left, add corn then continue stirring.

5. Add the tomatoes with the last batch of broth then stir until absorbed.

6. Take risotto off heat then stir in parmesan cheese and chopped basil.

Tip: If you don’t have zucchini, corn, or tomatoes, you can use whatever vegetables you have

Recipe adapted from http://iowagirleats.com