

Asparagus Risotto with Meyer Lemon

By Lauren Kretzer

Serves 4

Ingredients

1 bunch asparagus, trimmed and cut into 1" pieces (about 3 cups)
2 Tablespoons extra virgin olive oil
1 small onion, finely chopped
3 cloves garlic, minced
1 ¼ cup Arborio rice, rinsed and drained
1 teaspoon salt
¼ teaspoon ground black pepper, plus more for serving
¾ cup Prosecco (or other dry sparkling wine, such as Champagne)
4 cups vegetable stock, warmed
¼ cup nutritional yeast
1 teaspoon Meyer lemon zest (from 1 medium Meyer lemon)
Vegan Parmesan cheese, for serving (optional)

Instructions

In a large pot of well salted water, cook asparagus for 4 minutes, or until bright green and crisp tender. Strain well and set aside.

In a medium saucepan over medium heat, heat olive oil. Add onion and cook, stirring occasionally, for 4-5 minutes, or until translucent. Add garlic and Arborio rice, and cook, stirring frequently for 1-2 more minutes. Add the prosecco and simmer for 3 minutes, or until most of the liquid has been absorbed. Add the warmed vegetable stock, about ¾ cup (or approximately 2 ladlefuls) at a time, stirring very frequently while waiting for the stock to be absorbed before adding more. This process should take between 23-27 minutes. The rice should taste creamy and tender, yet pleasingly al dente. Remove from heat.

Add the cooked asparagus, nutritional yeast and Meyer lemon zest to the risotto. Spoon risotto into individual serving bowls, and top with vegan Parmesan and ground black pepper, if desired. Serve hot.