



Wild Mushroom Farro Risotto

Makes about 4 one-cup servings

- 5 cups low sodium vegetable broth or mushroom broth
- 3 tablespoons olive oil
- 1 tablespoon butter
- 1 medium onion, finely chopped
- 1 stalk celery, finely chopped
- 2 garlic cloves, finely chopped
- 2 cups white button mushrooms, coarsely chopped
- 1 ounce dried wild mushrooms (shitake, porcini or others), soaked in warm water for 20 minutes, drained and chopped
- ½ tablespoon chopped fresh sage
- 1 tablespoon chopped fresh parsley
- ⅓ cup dry white wine
- 1 cup quick cooking farro, pearly barley or Arborio rice
- ¾ cup freshly grated Parmesan cheese
- Salt and pepper to taste

Directions

Put the broth in a saucepan and heat to a gentle simmer.

Pour the olive oil in a heavy skillet and add the onion, celery and garlic. Cook slowly on medium heat, stirring regularly, until the onions are softened but not browned. Add the mushrooms and herbs and cook on medium high heat, stirring regularly until the mushrooms have reduced in size and are nicely browned. Pour in the wine. Boil until the pan is almost dry. Stir in the farro, barley or rice and sauté for a few minutes.

Begin adding the broth, a large ladle at a time. Stir until the grains absorb the broth. Continue adding broth until the grains are tender and chewy, about 10–15 minutes.

Taste the risotto and season with black pepper and salt. Stir in the Parmesan, reserving some to garnish each bowl before serving.



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please visit *Your Healthy Kitchen*
via www.yrmchealthconnect.org**

NUTRITION INFORMATION PER ONE CUP SERVING:

Calories	433
Protein	19 g
Carbohydrates	58 g
Fiber	9 g
Fat	14 g
Sodium	430 mg
Potassium	565 mg

COST PER SERVING: \$2.75