

Eggplant and Meyer Lemon Risotto

Yield: 3 min
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/ask-italian-pistachio-and-olive-oil-cake-recipe>

Ingredients:

- herbs Fresh, green
- orange zest
- lemon
- lime
- olive oil A drizzle of
- egg A poached, hey, put an egg on it!
- pistachios A sprinkling of
- berries Fresh, for something sweet, like tapioca pudding
- 2 eggplants medium-sized
- 9/16 cup olive oil
- kosher salt
- ground black pepper
- 1 onion diced
- 2 cloves garlic crushed
- 7 ounces arborio rice
- 1/2 cup dry white wine
- 3 1/4 cups stock hot vegetable, preferably homemade*
- 2 tablespoons juice
- 1 meyer lemon
- 1 1/2 tablespoons unsalted butter
- 1/2 cup grated Parmesan cheese plus more to serve
- basil diced, or flat-leaf parsley, to serve

Nutrition:

1. Calories: 1200 calories
2. Carbohydrate: 116 grams
3. Cholesterol: 110 milligrams

4. Fat: 72 grams
 5. Fiber: 24 grams
 6. Protein: 31 grams
 7. SaturatedFat: 15 grams
 8. Sodium: 930 milligrams
 9. Sugar: 20 grams
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