

Risotto Primavera

Yield: 8 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/mushroom-asparagus-indian-recipe>

Ingredients:

- 5 cups low sodium chicken broth
- 2 tablespoons olive oil
- 2 tablespoons butter
- 1/2 whole yellow onion Large, Finely Diced
- 3 whole carrots Peeled And Finely Diced
- 1/2 cup cauliflower Pieces
- 1/2 cup broccoli Pieces
- 1 whole yellow squash Finely Diced
- 1/2 teaspoon kosher salt
- 1 tablespoon olive oil additional
- 1 tablespoon butter additional
- 1 1/2 cups arborio rice
- 1 1/2 cups dry white wine
- 1 1/2 teaspoons kosher salt additional, More To Taste
- 4 whole green onions Thinly Sliced
- 1/2 cup frozen peas
- 4 ounces goat cheese weight
- 1/2 cup grated Parmesan cheese
- fresh dill For Garnish, optional
- mushrooms optional
- zucchini optional
- red bell pepper optional
- asparagus pieces, optional

Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 40 grams
3. Cholesterol: 30 milligrams
4. Fat: 18 grams

5. Fiber: 4 grams
 6. Protein: 14 grams
 7. SaturatedFat: 8 grams
 8. Sodium: 850 milligrams
 9. Sugar: 4 grams
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