

# Sweet Potato Mushroom Risotto

RECIPE MAKES: 6 SERVINGS

## INGREDIENTS

- 2 sweet potatoes
- 1 Tbsp. olive oil
- 3 cups shiitake mushrooms, thinly sliced
- 1 cup yellow onion, finely chopped
- 2 Tbsp. sage
- 5 garlic cloves, mined
- 1 ½ cup Arborio rice, uncooked
- 5 cups low sodium vegetable broth
- 1 tsp. kosher salt
- 2 Tbsp. parsley, chopped
- ¾ tsp. black pepper, ground
- 1 ounce parmesan cheese, shredded

## NUTRITION INFO

Nutrition Facts	
servings per container	
Serving size	1 1/4 Cup
Amount per serving	
<b>Calories</b>	<b>510</b>
	% Daily Value*
Total Fat 6g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 270mg	12%
Total Carbohydrate 90g	33%
Dietary Fiber 14g	50%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 26g	
Vitamin D 0mcg	0%
Calcium 116mg	8%
Iron 12mg	70%
Potassium 248mg	6%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## PREPARATION

1. Preheat oven to 425°F .Peel sweet potatoes and prick all over with fork. Place on baking sheet and bake for 45-50 minutes or until tender.
2. Remove from oven and let cool. Once cool place sweet potatoes in food processor and process until smooth.
3. Heat olive oil in Dutch oven over high heat. Add mushrooms, onion, 1 ½ Tbsp. sage, and garlic. Sautee for 5 minutes.
4. Add uncooked rice and stir constantly for 2 minutes. Then add in 1 cup sweet potato puree and 2 cups of stock. Bring to boil, reduce heat to medium-high and simmer for 8 minutes.
5. Add remaining stock and cook for about 25 minutes or until rice is tender.
6. Removed from heat, stir in remaining sweet potato puree, parsley, and mascarpone. Top with remaining sage and parmesan cheese.
7. Enjoy!



Healthy Options

