

Recipes makes: 8 servings (1 ¼ cups per serving)



Ingredients:

- ♥ ½ cup dried mushrooms (mix of Shitake or Morel)
- ♥ 3 cup fresh mushrooms, sliced
- ♥ 2 cloves garlic, chopped
- ♥ 1 shallot, chopped
- ♥ 2 sprigs of thyme and oregano, leaves removed and chopped
- ♥ 1 tsp. red pepper
- ♥ ½ cup red wine
- ♥ 6-7 cup vegetable stock
- ♥ 1 cup D'Avolio porcini risotto
- ♥ 1 Tbsp. D'Avolio Wild Mushroom and Sage EVOO
- ♥ ½ tsp. salt
- ♥ ½ tsp. pepper
- ♥ 2 oz parmesan cheese, grated
- ♥ Chopped parsley, for garnish

PREPARATION:

1. Fill a bowl with warm water and add dried mushrooms in. Allow them to soak for at least 20 minutes.
2. In a large skillet on medium heat, drizzle olive oil and sauté chopped shallot, mushrooms, garlic, herbs, salt, and pepper for about 5 minutes until the mushrooms are just tender and onion and garlic caramelize. Remove from heat to a bowl and set aside. Add the dried mushrooms that were soaking and roughly chop them (save the mushroom liquid!).
3. In a small pot, start boiling the stock and add the mushroom liquid (be careful to not pour the "grit" that settles on the bottom of the bowl). Bring stock to a low boil.
4. In the same large skillet on medium heat, drizzle with a bit more olive oil and add risotto and toss to coat.
5. Next, pour wine into risotto and stir until absorbed. Next, use a ladle to add stock to the rice, 1-2 ladleful at a time until the rice absorbs all the liquid. Continue to do this for about 18-20 minutes.
6. Towards the end, taste for doneness of the rice and the seasoning. Once done, stir the mushroom mixture and 1 more ladleful of stock. Turn off the heat and cover allowing everything to blend together.
7. Once everything is done, grate fresh parmesan cheese and stir gently. Garnish with fresh herbs.

| Nutrition Facts | |
|----------------------------------------------------------|----------------------|
| Serving Size: 1 serving (286.0g) | |
| Servings: 1 | |
| Amount Per Serving | |
| Calories 220 | Calories from Fat 45 |
| % Daily Value* | |
| Total Fat 4.5g | 8% |
| Saturated Fat 1.5g | 6% |
| Trans Fat 0g | |
| Cholesterol less than 5mg | 2% |
| Sodium 220mg | 9% |
| Total Carbohydrate 32g | 11% |
| Dietary Fiber 5g | 19% |
| Sugars 3g | |
| Protein 8g | |
| Vitamin A 4% | • Vitamin C 2% |
| Calcium 4% | • Iron 15% |
| *Percent Daily Values are based on a 2,000 calorie diet. | |

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