



INGREDIENTS serves ~4

- 1 cup risotto rice
- 3 small-med onions; 1 white, 1 red, 1 shallot
- Bunch of asparagus
- Broth of choice (homemade chicken or vegan variety suggested)
- Olive oil
- Butter
- Parmesan
- Salt and pepper

INSTRUCTIONS

- Wash asparagus
 - cut off bottom $\frac{1}{4}$
 - peel middle $\frac{1}{2}$
 - keep tips in a separate bowl
- Steam peeled middles
- Pulverize in their own juice, set aside
- Warm broth
- Finely chop onions and sauté until golden in $\frac{1}{2}$ butter & $\frac{1}{2}$ olive oil
- Wash rice and sit to 'dry' in a colander
- Once onion is golden, add rice and stir, allow to
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OPTIONAL:

SERVING/NOTES

Nutrition tip

Asparagus in season