



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
- Lemon rind ribbons

INSTRUCTIONS

1. Wash asparagus
  - cut off bottom ¼
  - peel and cut off middle ½ + chop to small rounds
  - keep tips in a separate bowl
2. Steam peeled middles
3. Pulverize in their own juice, set aside = asparagus juice
4. Warm broth
5. Finely chop onions and sauté until golden in ½ butter & ½ olive oil + salt
6. Wash rice and sit to 'dry' in a colander
7. Once onion is golden, add rice and stir, allow to marinate together approx. 3-5 minutes
8. Add 1 cup broth – ½ asparagus juice & ½ regular broth – stir
9. Repeat 8
10. Add peeled middles chopped to small rounds – stir
11. Finely chop lemon rind and lightly dry in a pan
12. Repeat 8
13. Freshly grate a generous amount of parmesan cheese and put aside
14. Repeat 8
15. Steam asparagus tips and keep separately
16. Repeat 8 + add lemon rind, slightly crushing between your fingers as you do - stir
17. Repeat 8 until rice is cooked and the mixture has a slightly creamy consistency
18. Generously sprinkle in parmesan, stir, cover, turn off heat, let sit 5 minutes

SERVING/NOTES

- Salt and pepper to taste
- Serve in shallow bowls sprinkled with fresh parmesan and topped with 3-5 asparagus tips for garnish and flavor

**Nutrition tip**

Asparagus contains inulin, a unique dietary fiber associated with improved digestion. Inulin is a prebiotic; it does not get broken down and digested until it reaches the large intestine. There, it nurtures bacteria known to improve nutrient absorption, decrease allergies and reduce the risk of colon cancer.

It may also make your pee smell, don't worry, this is a normal, healthy side effect.