Midsummer Risotto
From – Moosewood Restaurant Low-Fat Favorites

2 cups tomato juice
3 cups water or vegetable stock
1 vegetable bouillon cube
3 cups fresh or frozen corn kernels
1 cup minced onions
2 tsp olive oil
1 ½ cups arborio rice
2 cups diced zucchini
1 tsp salt
1 cup chopped tomatoes
2 tbls chopped fresh basil
ground black pepper to taste

• Combine the tomato juice, water or stock, and bouillon cube in a pot and bring to a simmer.
• Transfer 1 cup of the broth to a blender.
• Add 1 ½ cups of the corn and puree’ until smooth.
• Stir the puree’d corn into the simmering broth.
• Set aside the remaining corn kernels
• In a separate heavy saucepan (preferably nonstick) combine the onions and the oil and saute’ for about 5 minutes until softened.
• Reduce the heat to medium-low.
• Add the rice, stirring with a wooden spoon to avoid breaking the grains, until the rice is coated with oil.
• Ladle about a cup of the broth into the rice and stir constantly for several minutes until the liquid has been absorbed.
• Add the zucchini and another cup of broth.
• Continue to stir frequently, adding a cup of broth every few minutes for the next 15 minutes until all of the broth has been added and the rice is tender but firm.
• Add the reserved corn, salt, tomatoes, basil and pepper to taste
• Cook for another minute or so and serve immediately.

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