

# Wellness Tips Recipe Card

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## Mushroom Risotto

Source: *American Medical Association Family Health Cookbook* by Melanie Barnard

- 1 ounce **dried mushrooms**
- 7 cups **chicken broth**
- 1-1/2 cups **dry white wine** or **water**
- 2 teaspoons **virgin olive oil**
- 1/2 pound **fresh shiitake mushrooms**, sliced
- 3 tablespoons **shallots**, chopped
- 4 **garlic cloves**, finely chopped
- 2 cups **short-grain white rice**
- 1/2 cup **flat-leaf parsley**, chopped
- 2 tablespoons **fresh tarragon**, chopped
- 1/2 teaspoon **black pepper**
- **Salt** to taste
- 1/2 cup **Parmesan cheese**, grated



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## Tips

Serve in shallow bowls and sprinkle with Parmesan cheese.

## Nutrition Information

Serves four. Each serving contains approximately 539 calories, 9 g fat (15 percent calories from fat), 10 mg cholesterol, and 360 mg sodium.



In a small bowl, pour 1 cup boiling water over the dried mushrooms and set aside for 30 minutes. Remove the mushrooms with a slotted spoon, reserving the liquid; chop them and set aside. Strain the liquid through a coffee filter and combine it with the broth and wine or water in a large saucepan. Warm over low heat.

Heat the oil in a large, heavy saucepan. Add the sliced fresh mushrooms and shallots, then cook over medium heat until slightly softened, about 4 minutes. Add the garlic and rice and continue cooking for about 3 minutes, until the rice is coated with oil and is translucent. Stir the rice while it's cooking.

Add the chopped dried mushrooms and all but 1 cup of the broth-wine/water mixture. Simmer uncovered until the rice is almost tender and creamy, about 18 minutes; stir every 4 or 5 minutes. Stir in the remaining broth and the parsley, tarragon, and pepper. Season with salt to taste. Serve in shallow bowls and sprinkle with Parmesan cheese.



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