

Broccoli and Lemon Risotto

Printed from Broccoli Recipes at <http://www.broccolirecipes.net/>

Ingredients:

- 1 ½ lb of broccoli.
- 1 medium leek, split in half lengthwise, thinly sliced.
- 2 cups of arborio rice.
- 7 cups of vegetable broth.
- 1 cup of dry white wine.
- 1 tablespoon of olive oil.
- 2 tablespoons of fresh lemon juice.
- ½ teaspoon of salt.
- ¼ teaspoon of freshly-ground black pepper.
- ¼ cup of Italian parsley, minced.

Directions:

Steam the broccoli florets until barely tender.

Sauté the leek and broccoli stems until barely tender.

Cook the rice in the broth, wine, olive oil and lemon juice.

Add the broccoli after the rice is cooked and heat.

Season with salt and pepper.

Serve with parsley.