



AMARANTH RISOTTO

SERVES: 4 (approx. ¾ cup each) **Prep Time:** 15 min. **Cooking Time:** 33 min.

CONTAINER EQUIVALENTS (per serving): 1½ 1 ½

1 cup dried shiitake mushrooms
4 cups water
1 Tbsp. + 1 tsp. olive oil
1 cup chopped onion
(approx. 1½ medium)
4 cloves garlic, finely chopped
1 tsp. dried thyme
½ tsp. sea salt (or Himalayan salt)
½ tsp. ground black pepper
1 cup dry amaranth
3 cups low-sodium organic
vegetable broth
1 Tbsp. fresh lemon juice
1 tsp. finely grated lemon peel
(lemon zest)

1. Bring water to a boil. Turn off heat, add mushrooms. Soak mushrooms in hot water for 5 minutes. Drain, squeezing out excess water, reserving mushroom liquor and soaking water.
2. Heat oil in large saucepan over medium-high heat, until fragrant.
3. Add onion, garlic, drained mushrooms, thyme, salt, and pepper; cook, stirring frequently, for 3 to 4 minutes, or until onion is translucent.
4. Add amaranth; cook, stirring frequently, for 3 minutes, or until amaranth begins to brown.
5. Add broth, 2 cups reserved mushroom liquor and soaking water, and lemon juice. Bring to a boil. Reduce heat to low; gently boil uncovered, stirring occasionally, for 15 to 20 minutes, or until liquid is absorbed.
6. Remove from heat. Add lemon peel; mix well.

RECIPE NOTE:

You can store leftover risotto in an airtight container in the refrigerator for up to 4 days. Add 1 to 2 Tbsp. of broth when reheating.

SERVING SUGGESTION:

Top with 1 Tbsp. grated Parmesan or 1 Tbsp. nutritional yeast.

NUTRITIONAL INFORMATION (per serving): **Calories:** 215 **Total Fat:** 7 g **Saturated Fat:** 1 g **Cholesterol:** 0 mg **Sodium:** 407 mg **Carbohydrates:** 35 g **Fiber:** 5 g **Sugars:** 3 g **Protein:** 6 g

Recipes containing the icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the icon are designed to be Vegan and contain no animal products. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.