



Risotto with Corn, Tomatoes & Basil

Ingredients

- 4 cups vegetable broth
- 2 ears corn - cut off cob
- 2 TBSP butter or olive oil
- 1 shallot minced
- 1 cup arborio rice
- 1/3 cup dry white wine
- 1 cup halved or quartered cherry tomatoes
- 2 tsp olive oil
- 3 TBSP torn fresh basil leaves
- Kosher salt and freshly ground black pepper
- 1/3 cup freshly grated parmesan

Instructions

1. Combine the tomatoes, olive oil and 2 TBSP of the basil in a small bowl. Season with kosher salt and pepper and set aside.
2. Heat the broth in a saucepan.
3. In a deep skillet or wide saucepan, melt the butter or heat the olive oil over medium heat. Add the shallot and cook, stirring occasionally, until it's translucent - about 2 minutes. Add the rice and stir until the grains are well coated with butter/oil. Pour in the wine, stir and cook until the wine is absorbed about 1 minute.
4. Ladle in about 1 1/2 cups of the hot broth and cook, stirring occasionally, until absorbed - 3-5 minutes. Continue adding broth in 1/2 cup increments, stirring and simmering until it's absorbed each time at intervals of 3-5 minutes. When the rice has cooked for about 15 minutes, stir in the corn. Continue adding more broth and stirring until rice is creamy - about 20-25 minutes total. Remove from heat, fold in the parmesan, then the tomato-basil mixture. Top each serving with the remaining basil and serve immediately.

The story behind the recipe.

I've been making risotto since I was an exchange student in Italy. No recipe has ever been better than my host mother's Risotto Milanese, but I like them anyway! This one is a fabulous summer treat while tomatoes and corn are at their peak. Enjoy!

You can find more recipes at wholeheartedyoga.org/resources.