

## Creamy Potato Mushroom Risotto

Although traditionally made with rice, risotto is also a cooking method where stirring takes place to help create a creamy consistency. This is a great dish to serve alongside grilled steak or salmon.

2 tbsp (25 mL) butter  
4 cups (1 L) sliced exotic mushrooms (such as cremini, oyster or shitake)  
1 onion, finely chopped  
2 cloves garlic, minced  
4 oval Ontario potatoes, peeled and diced  
1/2 cup (125 mL) dry white wine  
3 cups (750 mL) vegetable stock (approx)  
3/4 cup (175 mL) shredded Asiago cheese  
2 tbsp (25 mL) chopped fresh basil

In large shallow saucepan, melt butter over medium heat. Cook, mushrooms, onion and garlic for about 8 minutes or until liquid evaporates from mushrooms. Add potatoes and cook, stirring for 1 minute to coat well. Add wine and stir cooking until evaporated.

Using ladle, pour in about 1 cup (250 mL) of the stock; increase heat to just above medium, but not quite medium high. Cover and cook for about 8 minutes, stirring occasionally until most of the stock is evaporated. Uncover and cook, stirring for about 15 minutes using as much of the stock as necessary. Cook until potatoes are tender, remove from heat. Stir in cheese and basil until melted and smooth.

Makes 4 servings.

Per serving: 310 calories, 10 g protein, 13 g fat, 34 g carbohydrates, 4 g fibre, 760 mg sodium, 650 mg potassium

