

# Midsummer Risotto

From – *Moosewood Restaurant Low-Fat Favorites*

2 cups tomato juice  
3 cups water or vegetable stock  
1 vegetable bouillon cube  
3 cups fresh or frozen corn kernels  
1 cup minced onions  
2 tsp olive oil  
1 ½ cups arborio rice  
2 cups diced zucchini  
1 tsp salt  
1 cup chopped tomatoes  
2 tbs chopped fresh basil  
ground black pepper to taste

- Combine the tomato juice, water or stock, and bouillon cube in a pot and bring to a simmer.
- Transfer 1 cup of the broth to a blender.
- Add 1 ½ cups of the corn and puree until smooth.
- Stir the pureed corn into the simmering broth.
- Set aside the remaining corn kernels
- In a separate heavy saucepan (preferably nonstick) combine the onions and the oil and saute for about 5 minutes until softened.
- Reduce the heat to medium-low.
- Add the rice, stirring with a wooden spoon to avoid breaking the grains, until the rice is coated with oil.
- Ladle about a cup of the broth into the rice and stir constantly for several minutes until the liquid has been absorbed.
- Add the zucchini and another cup of broth.
- Continue to stir frequently, adding a cup of broth every few minutes for the next 15 minutes until all of the broth has been added and the rice is tender but firm.
- Add the reserved corn, salt, tomatoes, basil and pepper to taste
- Cook for another minute or so and serve immediately.



For more recipes visit us at  
[www.HealthyHarvestFarmCSA.com](http://www.HealthyHarvestFarmCSA.com)