

Mushroom Risotto Arancini

Source: Developed by Spork Foods

About the Recipe

555 Calories · 11 g Protein · 5 g Fiber

Appetizers

Ingredients

Makes 5 Servings

- 1 tablespoon extra-virgin olive oil
- 1 1/2 cups organic Arborio rice
- 3 cups vegan “chicken-style” vegetable broth
- 1 large pinch saffron strands
- 2 cloves garlic, finely chopped
- 1 teaspoon sea salt
- 1/2 teaspoon finely ground black pepper
- 1/2 cup shredded vegan Parmesan cheese (Follow Your Heart brand)
- 8 cremini mushrooms, small dice (about 4 ounces)
- 2 sprigs fresh rosemary (about 1 tablespoon), finely chopped
- 2 tablespoons red wine vinegar
- 3/4 cup plus 1/3 cup gluten-free breadcrumbs or finely ground cornmeal
- 1/4 cup neutral-tasting oil for cooking (safflower or grapeseed)
- 2 cups marinara sauce
- 8 to 10 leaves fresh basil, chiffonade

Directions

1. Preheat your oven to 375 F.
2. In a 6-quart pot, add oil and rice. Cook about 3 minutes, stirring often. Add broth and saffron if using and bring to a simmer. Cover and cook until soft, about 20 minutes. Transfer cooked rice to a large bowl. Add garlic, sea salt,

- pepper, and cheese. Stir to incorporate.
3. In small skillet over low heat, add olive oil and mushrooms. Cook about 7-10 minutes, or until liquid evaporates. Remove from heat and set aside.
 4. To large bowl with rice, add cooked mushrooms, rosemary, red wine vinegar, and 3/4 cup breadcrumbs or cornmeal. Form into 1/4-cup balls with slightly damp hands and roll. Coat each piece in remaining breadcrumbs.
 5. Heat a skillet over medium-high heat and add neutral-tasting oil for cooking. Place arancini in pan and cook about 5-7 minutes, or until golden on all sides, rotating occasionally. Alternatively, arancini can be deep fried.

Nutrition Facts

Per serving:

Calories: 555

Fat: 21 g

Saturated Fat: 3 g

% Calories From Fat: 34 %

Cholesterol: 0 mg

Protein: 11 g

Carbohydrate: 82 g

Sugar: 11 g

Fiber: 5 g

Sodium: 1,053 mg

Calcium: 67 mg

Iron: 4 mg

Vitamin C: 13 mg

Beta Carotene: 612 mcg

Vitamin E: 7 mg