

Risotto with Tomato, Corn and Basil

Prep Time: 20
Minutes
Cook Time: 20
Minutes

"This is a labor of love, lots of stirring and timing to get all the ingredients added and the risotto creamy and wonderful. But, it's well worth it. When it's ready, a sprinkling of Parmesan cheese and slivers of basil finish it perfectly."

INGREDIENTS:

2 1/2 cups water	1 medium tomato - peeled, seeded and chopped
2 cups milk	1 1/3 cups fresh corn kernels
2 tablespoons butter	1/2 cup grated Parmesan cheese
1 cup minced onion	1/2 cup fresh basil leaves, cut into thin strips
1 clove garlic, minced	1/2 teaspoon salt
3/4 cup uncooked Arborio rice	ground black pepper to taste
3 tablespoons white wine	

DIRECTIONS:

1. Combine the water and milk in a medium size pot or saucepan, heat the water and milk to a simmer. Keep the pan over low heat.
2. Melt the butter in a large casserole or skillet over medium high heat. Add the onion and cook for 3 to 4 minutes, stirring occasionally. Add the garlic and the rice, stir constantly for 1 minute. Add the white wine and stir until completely absorbed.
3. Begin to add the heated milk-water mixture 1/2 cup at a time, stirring frequently. Wait until each addition is almost completely absorbed before adding the next. When the rice has cooked for 15 minutes and most of the liquid has been incorporated, add the corn kernels and tomatoes along with the end of the milk-water mixture. Cook, stirring frequently, until the rice is tender but still slightly chewy.
4. The risotto should take 18 to 20 minutes of cooking all together. Stir in the Parmesan cheese, most of the basil, and the salt and pepper. Spoon the risotto immediately onto plates, top with the remaining basil strands, and serve.

Eggplant Caviar

Dairy-Free, Gluten-Free, Vegan

- 1 large eggplant, pricked
- 1 onion, chopped finely
- 1 green or red bell pepper, chopped finely
- 1 large tomato, chopped finely
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/4 cup olive oil
- 1/4 cup vinegar (or lemon juice)

Bake eggplant at 350°F for 40 minutes. Cool, take out pulp and discard the skin. Add remaining ingredients and chop very fine. Add salt and pepper to taste.