

Creamy Quinoa and White Bean Risotto with Crispy Brassica florets

Serves 4

INGREDIENTS

vegetables

5 to 6 cups of any mixture of halved Brussel sprouts, small florets of cauliflower, broccoli and/or rappini

1 Tbsp olive oil

salt & pepper to taste

risotto

2 cups cooked white beans (cannellini or navy)

1 Tbsp lemon juice

1/4 tsp nutritional yeast

2 Tbsp olive oil

2+1/3 cups vegetable broth

2/3 cup shallots or red onion, diced

2 tsp minced fresh thyme

1 cup dry quinoa, rinsed

salt and pepper to taste

1/2 cup Italian parsley, chopped

olive oil for garnish

DIRECTIONS

vegetables

Preheat oven to 400F. Line a baking sheet with parchment paper

Place the vegetables on the baking sheet and drizzle with 1 Tbsp olive oil, and season with salt and pepper. Toss to coat.

Roast the veg about 25 minutes at 400F until evenly brown, tossing occasionally to ensure even cooking.

risotto

Puree the beans with the lemon juice, nutritional yeast, 1 Tbsp of the olive oil and 1/3 cup of the vegetable broth until creamy. Set aside

Heat the remaining 1 Tbsp of olive oil in a large pot over medium heat. Add the shallots/onions and saute until translucent, about 4 minutes. Add the thyme and stir, about 1 minute.

Add the rinsed quinoa to the pot and stir to coat with the onion mixture.

Add the remaining 2 cups of vegetable broth to the pot and bring to a boil.

Reduce the heat and simmer until the quinoa has absorbed almost all of the liquid, about 15 minutes.

Scrape the white bean puree into the pot and stir to combine. The mixture should have a creamy consistency without seeming dry. If it seems too dry, add some veg broth or water.

Season the quinoa bean mixture with salt and pepper.

Transfer the mixture to a bowl or serving platter and top with the roasted vegetables.

Sprinkle the parsley over it all and drizzle with olive oil.

Serve hot.

Recipe courtesy of Laura Wright's The First Mess Cookbook