

## Balsamic Tomato Parmesan Risotto with Basil Oil and Zucchini

Recipe yields 2 servings; total time: 45 minutes; calories: 540.

**INGREDIENTS:** Veggie stock concentrates 2; scallions 2, Arborio rice  $\frac{3}{4}$  cup; Tuscan Heat Spice 1 TBSP; grape tomatoes 4 oz.; zucchini 1; basil oil 5 tsp; balsamic vinegar 5 tsp; Parmesan cheese  $\frac{1}{4}$  cup

**Step 1: Prep.** In a medium pot, combine 4 cups water and stock concentrates. Bring to a boil, then reduce to a low simmer. Meanwhile, wash and dry all produce. Trim and thinly slice scallions, separating whites from greens.

**Step 2: Make risotto.** Heat a drizzle of oil in a large pan over medium heat. Add scallion whites; cook until softened, 1 minute. Add rice and 2 tsp Tuscan Heat Spice. Stir until rice is translucent, 1-2 minutes. Add  $\frac{1}{2}$  cup stock; stir until liquid has mostly absorbed. Repeat with remaining stock- adding  $\frac{1}{2}$  cup at a time and stirring until liquid has mostly absorbed, until rice is *al dente* and mixture is creamy, 25-30 minutes.

**Step 3: Start veggies.** Once risotto has cooked for 20 minutes, halve tomatoes. Trim and dice zucchini into half-inch pieces. Heat a drizzle of basil oil (about 1 tsp; save the rest for serving) in a second large pan over medium-high heat. Add zucchini and remaining Tuscan Heat spice. Cook, stirring, until tender and lightly browned, 4-6 minutes.

**Step 4: Finish veggies.** Add tomatoes and half the vinegar (use all for 4 servings) to pan with zucchini. Cook, stirring, until tomatoes have softened, 2-3 minutes. Season with salt and pepper. Turn off heat.

**Step 5: Finish risotto.** Once risotto is done, stir in 1 TBSP butter and half the Parmesan (you'll use the rest later). Taste and Season with salt and pepper.

**Step 6: Serve.** Divide risotto between bowls. Top with veggies, scallion greens, and remaining Parmesan. Drizzle with remaining basil oil to taste and serve.

