

**Green Risotto**  
(Risotto Verde)

**INGREDIENTS:**

Servings: 2 people

Asparagus	7 oz
Swiss chard	7 oz
Onion	1
Olive oil	for frying
Risotto rice	5 oz
Salt and freshly ground pepper	to taste
Nutmeg	pinch
Chicken stock	1 3/4 cups
Dry white wine	1/2 cup
Parmesan cheese	2 oz

Servings: 4 people

Asparagus	14 oz
Swiss chard	14 oz
Onions	2
Olive oil	for frying
Risotto rice	10 oz
Salt and freshly ground pepper	to taste
Nutmeg	pinch
Chicken stock	1 3/4 pints
Dry white wine	1 cup
Parmesan cheese	3 oz

Servings: 6 people

Asparagus	1 1/4 pounds
Swiss chard	1 1/4 pounds
Onions	3
Olive oil	for frying
Risotto rice	16 oz
Salt and freshly ground pepper	to taste
Nutmeg	pinch
Chicken stock	1 1/4 quarts
Dry white wine	1 1/2 cups
Parmesan cheese	4 oz

Servings: 8 people

Asparagus	1 1/2 pounds
Swiss chard	1 1/2 pounds
Onions	4
Olive oil	for frying
Risotto rice	1 1/4 pounds
Salt and freshly ground pepper	to taste
Nutmeg	pinch
Chicken stock	1 3/4 quarts
Dry white wine	1 pint
Parmesan cheese	6 oz

Servings: 10 people

Asparagus	2 1/4 pounds
Swiss chard	2 1/4 pounds
Onions	5
Olive oil	for frying
Risotto rice	1 1/2 pounds
Salt and freshly ground pepper	to taste
Nutmeg	pinch
Chicken stock	2 1/4 quarts
Dry white wine	1 1/4 pints
Parmesan cheese	8 oz

Servings: 12 people

Asparagus	2 1/2 pounds
Swiss chard	2 1/2 pounds
Onions	6
Olive oil	for frying
Risotto rice	2 pounds
Salt and freshly ground pepper	to taste
Nutmeg	pinch
Chicken stock	2 1/2 quarts
Dry white wine	1 1/2 pints
Parmesan cheese	9 oz

**TOOLS:**

Chef's knife  
Cutting board  
Vegetable peeler  
Strainer  
Frying pan  
Wooden spoon  
Saucepan  
Cheese grater

**PREPARATION:**

*Pee!* the lower third of the asparagus. Cut off the stems from the swiss chard, and chop into pieces.

Finely *dice the onion*. Cut the asparagus into 1 1/4 in pieces. Cut the swiss chard leaves into wide slices.

Heat some olive oil in a frying pan, and sautÉ the asparagus and stems for 4-5 minutes. Add the leaves and some water. Season and cook for 2-3 minutes. Set aside.

In a saucepan, brown the onion in olive oil for 6-7 minutes. Add the rice and stir over medium heat until opaque. Pour in the wine, and stir until all the wine is absorbed. Begin adding the stock, 1/2 cup at a time. Once half of the stock has been used, add half of the sautÉd vegetables and mix well. Continue to cook, adding the stock until it has all been used, and the rice is al dente and creamy (approximately 20 minutes).

*Grate the Parmesan cheese*. Combine the remaining vegetables and half of the cheese. Serve hot with remaining cheese on the side.