



Makes 8 cups
Preparation Time: 25 minutes
Cook Time: 25 minutes

INGREDIENTS:

3 cups low-sodium vegetable broth

2 cups thinly sliced leeks

1 cup steel-cut oats (see gluten-free tip, recipe intro)

¼ cup dry green lentils, rinsed and drained

10 to 12 frozen artichoke heart pieces

10 to 12 red radishes, halved

1 teaspoon chopped fresh oregano leaves

¼ teaspoon sea salt

½ teaspoon freshly ground black pepper

2 tablespoons lemon juice

1 tablespoon lemon zest

Chopped fresh parsley

Steel-Cut Oat Risotto with Leeks and Artichokes

Steel-cut **oats** have a creaminess similar to short-grain Arborio rice traditionally used in **risotto**—but they require much less stirring! The oats, lentils, and leeks are covered and left to cook for 15 minutes. After a quick stir, add artichoke hearts and radishes and leave them again, removing the lid for the last few minutes of cooking, to evaporate any excess liquid. The radishes, which become sweet when cooked, give the dish a nice pop of color! Garnish with lemon zest and fresh parsley and add a squeeze of lemon juice. For a cheesy, Parmesan-like topping, sprinkle each serving with **nutritional yeast**.

Gluten-free version: To make this gluten-free, be sure to use certified gluten-free steel-cut oats.

For more inspiration, check out these tasty ideas:

- [Easy Gluten-Free Risotto](#)
- [Wild Mushroom and Asparagus Risotto](#)
- [Lots-of-Vegetables Risotto](#)
- Or check out our full roundup of [risotto recipes](#).

By Mary Margaret Chappell

- 1** In a medium braiser or Dutch oven bring broth to boiling. Add leeks, oats, and lentils. Cover, reduce heat, and simmer 15 minutes.
- 2** Meanwhile, place artichoke hearts in a medium bowl; pour 1 cup boiling water over top. Let stand 1 minute. Drain; cool slightly.
- 3** Give the oat and lentil mixture a quick stir, then scatter the artichoke hearts and radishes over top. Cover and cook 10 minutes more. Remove lid; cook 5 minutes or until lentils are tender and oats have absorbed all of the liquid. Remove from heat. Cover and let stand 5 minutes. Stir in oregano, salt, and pepper.
- 4** Just before serving, drizzle risotto with lemon juice and sprinkle with lemon zest and parsley.