



Makes 6 servings
Cook Time: 40 minutes

INGREDIENTS:

1 medium carrot, peeled and diced

1 medium parsnip, peeled and diced

2 cups peeled, seeded, and diced butternut squash (about 1 pound)

1 tablespoon chopped fresh rosemary or thyme

5½ cups vegan vegetable stock

½ cup dry white wine

2 garlic cloves, minced

1 cup chopped onion or shallot

1 cup uncooked Arborio rice

½ cup unsweetened, unflavored plant milk

2 tablespoons tahini

¼ cup nutritional yeast

1 tablespoon fresh lemon juice

1 tablespoon mirin (see note)

Sea salt and freshly ground black pepper

Winter Vegetable Risotto

Risotto is often hard to mimic as a vegan dish because it calls for lots of Parmesan and butter to create its creamy taste and consistency. This recipe recreates all of that, using a combination of almond milk, tahini, and a touch of nutritional yeast. The result is a sophisticated risotto, which we pair with carrots, parsnips, and butternut squash. You can use any vegetables on hand, though, including diced asparagus, zucchini, or other squash. Also, check out this delicious [butternut squash risotto](#) recipe.

Adapted from *Mayim's Vegan Table*. Recipe reprinted courtesy of DaCapo Lifelong Books.

https://www.youtube.com/watch?v=zid1_Bor84g

By Mayim Hoya Bialik, PhD

- 1 Preheat the oven to 350°F.
- 2 Place the carrot, parsnip, and squash in a large bowl with the rosemary. Toss to coat. Sprinkle with salt and pepper. Arrange on a baking sheet in a single layer and roast for 20 to 25 minutes, until soft but not mushy.
- 3 Combine the stock and wine in a small saucepan over medium heat. Once simmering, reduce the temperature to medium-low.
- 4 Sauté the garlic, onion, and rice in a large nonstick pot for 3 to 5 minutes, or until the rice starts to toast.
- 5 Add 1 cup of the simmering broth-wine mixture to the rice and cook, stirring constantly, until the liquid is mostly absorbed. Continue adding the broth 1 cup at a time, stirring as it is absorbed, until the rice is tender and creamy, about 20 minutes.
- 6 Add the milk, tahini, nutritional yeast, lemon juice, and mirin, and cook for 5 minutes more. Stir in the roasted veggies. Season to taste with salt and pepper. Note: Mirin is a sweet rice wine. If you can't find it, you can use dry sherry or white wine with a pinch of sugar.