

Hearty Lentil Risotto

(Recipe makes 8 servings.)

	Carbohydrates	Fat	Protein
3 oz shallots	12	0	2
6 cloves garlic	6	1	1
8 oz fresh collard greens	9	4	4
1/2 cup dry lentils	54	2	20
3 tablespoons olive oil	0	40	0
5 oz sliced fresh shiitake mushrooms	9	1	3
1/2 cup Arborio rice	70	2	10
6 1/2 cups no-salt-added vegetable stock	39	0	0
4 tablespoons nutritional yeast	5	1	8
2 tablespoons plant-based butter	4	6	2
2 tablespoons white wine vinegar	0	0	0
Totals	208	57	50

Source: Macronutrients calculated using Food Pro nutritional software.

