

RECIPES FROM three eighty ate

CORN & PURPLE POTATO RISOTTO, ENGLISH PEAS, PARMESAN

25 oz.	Fresh Purple Sweet Potatoes
25 oz.	Fresh Diced Celery Root
40 oz.	Fresh Cut Whole Kernel Corn
1 oz.	Fresh Sliced Peeled Garlic Cloves
10 oz.	Thinly Sliced Fresh Peeled Shallots
1 tbsp.	Extra Virgin Olive Oil
10 oz.	Fresh Shelled English Peas
5 oz.	Shaved Parmesan Cheese
1/2 oz.	Grated Fresh Lemon
1 oz.	Sliced Fresh Radish
1/2 oz.	Thyme Leaves
1/2 oz.	Fresh Chopped Sage
1 quart	Water
4 g	Kosher Salt
1 g	Black Ground Pepper

1. Grill corn and remove from cobb.
2. In a medium pot, add oil, shallots, and garlic. Toast for 3 minutes.
3. Add in sweet potatoes, celery root, corn, peas, lemon zest, sage, thyme, water, salt and pepper. Cook for about 5-8 minutes until vegetables are cooked and it becomes the consistency of a creamy rice dish. Add cheese and garnish with shaved radish slices.

Portion: 1.5 cups

Nutrition: 257 calories, 7g fat, 41g carbs, 12g protein, 487mg sodium

Yield: 10 servings