



Lemon Parmesan Summer Veggie Risotto

The First Bite That Hooked Me

Sunlight streamed through the farmhouse window as I scooped my first bite. Creamy rice, tangy lemon, crisp asparagus—it was summer on a plate. My friend Gina laughed as I shamelessly licked the spoon. ***Ever wondered how you could turn humble veggies into something unforgettable?*** This dish proves it's possible. Try it once, and you'll crave it yearly.

My Risotto Blunder (And Why It Worked)

My first try, I forgot to rinse the asparagus after blanching. They turned mushy, but the risotto still shone. Cooking teaches patience—and that

mistakes can taste great. ***Home cooking isn't about perfection. It's about joy shared.*** Now I double-check the steps, but I smile remembering that "soggy" win. What's your best kitchen oops?

Why This Dish Dances on Your Tongue

– The lemon zest cuts through the rich parmesan like sunshine through clouds. – Kale adds a earthy crunch, while asparagus keeps it fresh. ***Which flavor combo surprises you most?*** Is it the wine's hint of fruit or the butter's cozy hug? Share your thoughts below!

A Dish With Roots

Risotto hails from Northern Italy, where short-grain rice thrives in humid plains. Farmers tossed in seasonal greens to stretch meals. ***Did you know Arborio rice is named after an Italian town?*** This version skips heavy cream, letting summer veggies shine. It's proof that simple ingredients can tell big stories. What's your favorite seasonal swap?



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Ingredients:

Ingredient	Amount	Notes
Salted butter	2 tablespoons	
Extra virgin olive oil	2 tablespoons	
Green onion	¼ cup	Chopped finely
Kale	2 cups	Stemmed and cut into small pieces
Asparagus	½ lb	Snapped and chopped into ~1" pieces
Arborio rice	1 + ½ cups	
White wine (Pinot Grigio)	½ cup	
Broth of choice	4 cups	
Lemon zest	1 lemon	
Lemon juice	1-2 tablespoons	
Grated parmesan	1 cup	
Salt and pepper	To taste	

How to Make Lemon Parmesan Summer Veggie Risotto

Step 1

See also Easy Tuna Mornay Recipe for Family Dinner
Boil water in a medium pan. Add asparagus for 2-3 minutes until tender. Drain and rinse with cold water. Set aside. (*Hard-learned tip: Rinsing stops cooking and keeps asparagus bright green.*) **Step 2** Heat butter and oil in a large skillet. Sauté green onion and kale until soft. Kale should turn bright green. This takes about 3-4 minutes. **Step 3** Add dry

rice to the skillet. Stir until coated and slightly clear. Cook for 2 minutes. This toasts the rice for extra flavor. **Step 4** Pour in wine and stir until absorbed. The alcohol cooks off, leaving a rich taste. Use a wooden spoon for best results. **Step 5** Add broth $\frac{3}{4}$ cup at a time. Stir until liquid is gone before adding more. Repeat until rice is creamy and tender. Mix in lemon zest and juice with the last broth. **Step 6** Fold in parmesan and cooked asparagus. Taste and adjust with more lemon, salt, or pepper. Serve warm for the best flavor. **What's the best wine for risotto? Share below! Cook Time:** 35 minutes **Total Time:** 45 minutes **Yield:** 6 servings **Category:** Dinner, Vegetarian

3 Fun Twists on This Risotto

Spicy Kick Add red pepper flakes or diced jalapeños with the kale. Heat lovers will crave this version. **Spring Pea Swap** Replace asparagus with fresh peas. Sweet and tender, they pair perfectly with lemon. **Creamy Mushroom** Sauté mushrooms with the onions. Their earthy flavor makes the dish heartier. **Which twist would you try first? Vote in the comments!**

Serving Ideas & Pairings

Serve with a crisp side salad. Garlic bread adds crunch. Top with extra parmesan for flair.

See also Crispy Cornmeal Tilapia Tacos
Pair with chilled Pinot Grigio or sparkling lemonade. Both balance the risotto's richness. **Which would you choose tonight? Tell me below!**



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Storing and Reheating Your Risotto

Keep leftover risotto in the fridge for up to 3 days. Use a tight lid to lock in moisture. Freeze it in portions for quick meals later. Thaw overnight in the fridge. Reheat with a splash of broth to revive the creamy texture. Batch-cooking tip: Double the recipe and freeze half. Risotto loses some texture when frozen, but it's still tasty. *Fun fact: My neighbor swears frozen risotto tastes better with extra lemon after reheating.* Why this matters: Meal prep saves time on busy nights. Ever tried freezing risotto? Share your tricks below!

Risotto Rescue: Fixes for Common Issues

Too dry? Stir in warm broth until creamy again. Rice still crunchy? Cook longer with small broth additions. Too soupy? Simmer uncovered to thicken. Why this matters: Risotto is forgiving with simple tweaks. My first attempt was gluey—now I add broth slowly. Which risotto flop have you faced? Tell us how you fixed it!

Your Risotto Questions, Answered

Q: Can I make this gluten-free? A: Yes! Use gluten-free broth and wine. Check parmesan labels—some brands add starch. **Q: How far ahead can I prep?** A: Cook rice 80% done, then finish with broth before serving. **Q: What if I don't have asparagus?** A: Swap in peas, zucchini, or bell peppers. **Q: Can I halve the recipe?** A: Absolutely. Use a smaller pan and watch cook time. **Q: What's a non-alcoholic wine swap?** A: Try apple cider vinegar mixed with water (1:4 ratio).

See also Creamy Pesto Chicken with Roasted Tomatoes Dinner

Let's Cook Together

This risotto tastes like summer in a bowl. I'd love to see your twist on it! Tag **Savory Discovery** on Pinterest with your photos. Happy cooking!
—Elowen Thorn.



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Lemon Parmesan Summer Veggie Risotto

Author: Elowen Thorn



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Cooking Method: [Stovetop](#)



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Cuisine: [Italian](#)



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Difficulty: **Beginner**



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Prep time: **10 minutes**



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Cook time: **35 minutes**



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Rest time:



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Total time: **45 minutes**



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Servings: **6 servings**



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Calories: **kcal**



Best Season: **Summer**

Description

A creamy and vibrant risotto with lemon zest, parmesan, and seasonal

vegetables.

Ingredients

- ☐ 2 tablespoon salted butter
- ☐ 2 tablespoon extra virgin olive oil
- ☐ ¼ C green onion chopped finely
- ☐ 2 C kale stemmed and cut into small pieces
- ☐ ½ lb asparagus snapped and chopped into ~1" pieces
- ☐ 1 + ½ C Arborio rice
- ☐ ½ C white wine (Pinot Grigio)
- ☐ 4 C broth of choice
- ☐ Zest of 1 lemon
- ☐ 1-2 tablespoon lemon juice
- ☐ 1 C grated parmesan
- ☐ Salt and pepper to taste

Instructions

1. In a medium sauce pan filled half-full with water, bring water to a boil. Place cut up asparagus into boiling water for 2-3 minutes until a fork can just puncture a piece. Pour into a colander to drain and immediately rinse with cold water to stop the cooking. Set aside.
2. In a large skillet, sauté butter, olive oil, green onion, and kale until kale is slightly softened and bright green (~3-4mins).
3. Add dry rice to pan and sauté until coated and slightly translucent (~2mins).
4. Add wine and stir until absorbed.
5. Add broth ~¾-1 C at a time (to just cover rice). Stir until all liquid is absorbed. Continue to add broth in ~¾C increments until all broth is used and rice is cooked (~20-25mins). Add the lemon zest and 1

tablespoon of lemon juice with the last round of broth.

6. Stir in parmesan and cooked asparagus. Taste and add additional lemon juice, salt and pepper if desired.
7. Serve and enjoy!

Keywords: Risotto, Lemon, Parmesan, Summer, Vegetables