

Risotto with Sweet Potato, Lemon, and Sage

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INSTANT POT

TIME: 30 Minutes

INGREDIENTS

1 tbsp. unsalted butter
3 tbsp. olive oil
1 1/2 c. Arborio rice
Kosher salt
1/2 c. dry white wine
3 1/2 c. low-sodium chicken broth
2 1/2 c. grated sweet potato (from 1 large 12-oz sweet potato)
1/4 c. fresh sage leaves
2 cloves garlic, thinly sliced
1 tbsp. finely grated lemon zest
Freshly grated Parmesan, for serving

DIRECTIONS

- Press Sauté on an electric pressure cooker, adjust to medium, and heat butter and 1 tablespoon oil. Stir in rice and 3/4 teaspoon salt and cook, stirring occasionally, until golden brown and toasted, 4 to 6 minutes.
- Add wine and cook until absorbed, about 1 minute. Stir in broth and sweet potato; press Cancel. Lock the lid and cook on high pressure (12.0) 5 minutes. Use the quick-release method to release the pressure, then open the lid. Stir risotto until liquid has been absorbed, 2 to 3 minutes.
- Meanwhile, heat remaining 2 tablespoon oil in a medium skillet on medium-low. Stir in sage and cook 2 minutes, then add garlic and fry, stirring occasionally, until just beginning to turn golden brown, about 5 minutes. Using a slotted spoon, transfer sage and garlic to a paper towel-lined plate, then transfer oil into a small bowl and stir in lemon zest.
- Divide risotto among bowls and top with lemon oil, sage, garlic, and Parmesan if desired.

PER SERVING 440 CALORIES, 14 G FAT (3 G SATURATED), 9 G PROTEIN, 200 MG SODIUM, 72 G CARB, 5 G FIBER