

Risotto Croquettes with Marinara Sauce

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 27 pieces

Serving size: 3 pieces

Ingredients	Quantity	Measure
Non-dairy margarine	2	Tbsp.
Onions, yellow or white, small dice	¼	cup
Rice, arborio	2	cups
*White wine	½	cup
Vegetable broth	3	cups
Nutritional yeast	2	Tbsp.
Salt	1	tsp.
Nacho Cheez (Separate Recipe)	1	cup
Unbleached all-purpose flour	½	cup
Panko breadcrumbs	½	cup
Non-dairy milk, unsweetened	2	cups
Marinara sauce	2	cups

Preparation

1. Over medium heat, melt the non-dairy margarine. Sauté the onions until tender.
2. Add the rice and toast the rice for a few moments, but don't let the onions burn.
3. Add the white wine and stir until incorporated. Allow the wine to reduce until almost gone.
4. Add the stock in 3 parts (1 cup at a time). Allow the rice to absorb the first cup before adding the next.
5. Lower the heat to low and stir frequently until the rice is done.
6. Remove from the heat and stir in the nutritional yeast and salt.
7. Transfer the rice to a sheet pan and allow to cool completely.
8. Form the chilled rice into croquettes and mix in the nacho cheez.
9. Coat croquettes rolling them in flour, in non-dairy milk, and then in breadcrumbs.
10. Bake at 450 degrees Fahrenheit for 10 minutes on each side flipping once or until crispy and golden brown.

Variation

*To substitute white wine, choose one of these options

1. White wine vinegar, same amount
2. Vegetable broth and white vinegar (1 Tbsp white vinegar per 1 cup broth)
3. Lemon juice, dilute 1:1 with water in place of white wine



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Continued

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Serving Information

Serve with 2 ounces of marinara on top.

Nutrition Information *From USDA Nutrient Database

Calories: 255 Total Fat: 5g Saturated Fat: .8g Monounsaturated Fat: 2.2g Polyunsaturated Fat: .4g
Trans Fat: .6g Cholesterol: 0mg Carbohydrate: 46g Fiber: 2.9g Total Sugar: 3g Protein: 5.8g Sodium: 460mg
Vitamin A: 276µg Vitamin C: 4.6mg Calcium: 82mg Iron: 1.4mg Folate: 2µg