



**WILLIAM K. NASSER, MD,
DINING A LA HEART 20TH ANNUAL FUNDRAISER**

PARMESAN RISOTTO CAKES WITH PROSCIUTTO AND TRUFFLE OIL

Ingredients

2 Tbsp. Smart Balance Butter	1/3 cup chopped flat leaf parsley
1 medium onion finely chopped	2 oz. finely grated parmesan
2 garlic cloves, crushed	1/8 tsp. salt
2 cups Arborio rice	1/8 tsp. pepper
1 ½ cups dry white wine	4 oz. prosciutto slice thin
6 cups low sodium chicken stock	2 Tbsp. Truffle oil
Zest of one lemon	4 cups Baby Aragua

Directions:

Use half of the butter to sauté the onion until soft. Add garlic to the pan and cook until soft. In another pan, heat the remaining butter and sauté the rice until toasted. Add the onion and garlic mixture. Heat the wine and stock and add the rice little by little stirring continuously until all of the liquid has been absorbed, about 20 minutes. Add the lemon, parsley and cheese. Season to taste with salt and pepper.

Spoon the risotto into a parchment lined shallow baking dish and smooth out to about ½-inch thickness. Cool and freeze until ready to serve. Remove the risotto from the freezer and set aside at room temperature to defrost slightly before cutting into canapé or entree size portions.

Sauté on both sides in a little oil until nicely browned. If the risotto is on the moist side, put in a preheated 180 degree oven to dry out for about 10 minutes. When cool, place baby Aragua on the bottom of the plate, then place the risotto cake onto the Aragua and a prosciutto rose on top of the cake. Then drizzle with truffle oil.

Yield: 4 entrée servings or 16 appetizers

Executive Chef Amy von Eiff, A Cut Above Catering, 21 5th Street NE, Carmel, 575-9514

Nutrition Information: 160 Calories, 3 gm fat, 1 gm saturated fat, 0 gm trans fat, 10 mg cholesterol, 25 gm carbohydrate, 1 gm fiber, 7 gm protein, 270 mg sodium

**William K. Nasser, MD 20th Annual Dining A La Heart Fundraiser Event
to benefit THE REVIVING HEART PROGRAM**