**Asparagus Risotto**

**Produce**

garlic (if needed)

sweet onion

red or green leaf lettuce (if needed)

cucumber(if needed)

1 bunch fresh asparagus

9 oz. cremini mushrooms

cherry tomatoes (if needed)

1 Roma tomato

1 lemon

**Canned/Dried Foods**

abrorio rice(if needed)

one 32 oz. box low-sodium veggie broth

white wine to cook with

**Frozen Foods**

**Meat/Fish/Poultry**

**Chilled Foods/Dairy**

shredded Parmesan(if needed)

1 package smoky tempeh