

Risotto with Shrimp and Vegetables

Serves 8; 1 cups per serving

Ingredients

- 2 small lemons
- 2 teaspoons olive oil
- 1 medium onion, sliced
- 1 medium red bell pepper, chopped
- 3 medium cloves garlic, minced, or 1 tablespoon bottled minced garlic
- 2 cups uncooked arborio rice (about 1 pound)
- 4 cups low-sodium chicken broth
- ¼ teaspoon pepper
- 2 cups low dry white wine (regular or nonalcoholic)
- 2 pounds large shrimp in shells, rinsed, peeled, and deveined
- 12 ounces fresh snow peas, trimmed and halved crosswise (about 4 cups)
- 1 cup water
- shredded or grated Romano cheese
- 2 tablespoons snipped fresh dillweed
- 2 tablespoons thinly sliced green onions (green part only)

Directions

Using a vegetable peeler or sharp knife, remove the zest from the lemons. Cut into very thin strips. Set aside.

Heat a medium saucepan over medium heat. Add olive oil and swirl to coat bottom. Cook onion, bell pepper, and garlic for 2 to 3 minutes, or until vegetables are tender-crisp, stirring frequently.

Stir in rice. Cook for 5 minutes, stirring frequently.

Add 3 cups broth and pepper. Increase heat to high and bring to a boil, stirring occasionally. Reduce heat and simmer, uncovered for 5 minutes, stirring occasionally. (Rice will be slightly plump, liquid will not be entirely absorbed, and mixture will have a thick, soupy or stewlike consistency.)

Stir in wine and 1 cup broth. Increase heat to high and bring to a simmer. Reduce heat to medium-high and cook for 8 to 10 minutes, stirring constantly (a small amount of liquid should remain).

Add shrimp, peas, and water. Reduce heat to medium and cook until liquid is almost absorbed, stirring constantly. Rice should be just tender and slightly creamy, and shrimp should be pink.

Stir in lemon zest and remaining ingredients. Remove from heat and serve.

Nutrient Analysis (per serving)

Calories	384
Protein	23 g
Carbohydrates	53 g
Cholesterol	140 mg
Total fat	4 g
Saturated fat	1 g
Fiber	2 g
Sodium	230 mg

This recipe is reprinted with permission from the American Heart Association