

Creamy Risotto with Shrimp

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Servings: 4

4 cups reduced-sodium vegetable or chicken broth
4 tablespoons extra-virgin olive oil
2 medium shallots, minced
1/4 teaspoon coarse salt, divided
freshly ground black pepper
1 cup arborio rice
1/2 cup dry white wine
1 cup frozen green peas
1 tablespoon butter
1/4 cup heavy cream
1/4 cup Parmigiano Reggiano cheese, grated
1 teaspoon olive oil
1 pound jumbo shrimp, peeled and deveined, tails intact
crushed red pepper flakes

Heat the broth in a saucepan. Keep warm.

Heat four tablespoons of the oil in a medium saucepan over medium-high heat. Add the shallots, 1/4 teaspoon of the salt and the pepper.

Saute' for 2 minutes. Add the rice and stir to coat in oil. Cook, stirring constantly, for 2 minutes. Add the wine, bring to a simmer and cook until the wine is absorbed, about 2 minutes.

Reduce the heat to medium and add one cup of the warm broth. Cook, stirring constantly, until the liquid is mostly absorbed. Continue adding the broth, one cup at a time, cooking and stirring, until the rice is al dente, 25 to 30 minutes. Add the green peas and cook for 3 minutes. Add the butter, cream and cheese, stirring until incorporated.

Sprinkle the shrimp with 1/4 teaspoon of the salt, black pepper and pepper flakes. Heat one teaspoon of the oil in a skillet. Add the shrimp and saute' just until firm and bright pink, about 2 minutes per side. Serve with the risotto.

For the best consistency, remove the risotto from the heat when there is still some liquid visible; the rice will continue to absorb it. Pair this with an arugula salad and a crisp white wine or lighter red like Pinot Noir.

Per Serving (excluding unknown items): 546 Calories; 25g Fat (43.5% calories from fat); 29g Protein; 44g Carbohydrate; 2g Dietary Fiber; 201mg Cholesterol; 371mg Sodium. Exchanges: 2 1/2 Grain(Starch); 3 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 4 1/2 Fat.

Seafood

Per Serving Nutritional Analysis

Calories (kcal):	546	Vitamin B6 (mg):	.1mg
	43.5%	Vitamin B12 (mcg):	1.3mcg

% Calories from Fat:
 % Calories from Carbohydrates: 34.3%
 % Calories from Protein: 22.2%
 Total Fat (g): 25g
 Saturated Fat (g): 8g
 Monounsaturated Fat (g): 13g
 Polyunsaturated Fat (g): 2g
 Cholesterol (mg): 201mg
 Carbohydrate (g): 44g
 Dietary Fiber (g): 2g
 Protein (g): 29g
 Sodium (mg): 371mg
 Potassium (mg): 316mg
 Calcium (mg): 83mg
 Iron (mg): 3mg
 Zinc (mg): 2mg
 Vitamin C (mg): 9mg
 Vitamin A (i.u.): 1417IU
 Vitamin A (r.e.): 239 1/2RE

Thiamin B1 (mg): .1mg
 Riboflavin B2 (mg): .1mg
 Folic Acid (mcg): 25mcg
 Niacin (mg): 3mg
 Caffeine (mg): 0mg
 Alcohol (kcal): 20
 % Daily Value

Food Exchanges

Grain (Starch): 2 1/2
 Lean Meat: 3
 Vegetable: 0
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 4 1/2
 Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 546 Calories from Fat: 238

% Daily Values*

Total Fat	25g	39%
Saturated Fat	8g	38%
Cholesterol	201mg	67%
Sodium	371mg	15%
Total Carbohydrates	44g	15%
Dietary Fiber	2g	7%
Protein	29g	
Vitamin A		28%
Vitamin C		15%
Calcium		8%
Iron		19%

* Percent Daily Values are based on a 2000 calorie diet.