

Side Dish

Fresh Pea Risotto

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Servings: 6

Start to Finish Time: 35 minutes

8 cups chicken broth

2 tablespoons butter

2 medium shallots, thinly sliced

1 centiliter garlic, minced

1/2 teaspoon fennel seeds, crushed

2 cups Arborio rice

1 1/2 cups fresh shelled peas or frozen peas

1/2 cup Parmesan cheese, finely shredded

2 ounces prosciutto, cut into thin strips

1/2 teaspoon lemon peel, finely shredded

1/8 teaspoon ground black pepper

2 tablespoons sliced almonds, toasted

In a large saucepan bring the broth to boiling. Reduce the heat. Cover and keep warm.

In a Dutch oven, melt the butter over medium heat.

Add the shallots, garlic and fennel seeds.

Cook about 4 minutes or until tender. Stir in the rice.

Cook and stir for 2 to 3 minutes or until the rice begins to brown.

Slowly add one cup of the broth to the rice mixture, stirring constantly.

Continue to cook and stir over medium heat until the liquid is absorbed.

Add another cup of the broth to the rice mixture, stirring constantly.

Continue to cook and stir until the liquid is absorbed.

Add two more cups of broth, one cup at a time, stirring constantly until the liquid is absorbed.

Stir in the fresh peas (if being used)..

Add the remaining broth, one cup at a time, stirring constantly until the broth has been absorbed. (This should take 15 to 20 minutes).

Stir in the frozen peas (if being used), cheese, prosciutto, lemon peel and pepper.

Top each serving with almonds.

Per Serving (excluding unknown items): 381 Calories; 10g Fat (24.5% calories from fat); 17g Protein; 52g Carbohydrate; trace Dietary Fiber; 22mg Cholesterol; 1448mg Sodium. Exchanges: 3 Grain(Starch); 1 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat.