

Lemon Risotto with Peas

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Servings: 8

Preparation Time: 10 minutes

Cook time: 30 minutes

TIP-TOP RISOTTO

Keep Your Liquid Warm. This helps maintain an even temperature during the cooking process. Adding cold liquid to your hot rice extends cooking time.

Finish Strong. The final texture of risotto should be creamy but not soupy; it should be thick enough to mound on a spoon. The rice should be tender, with a little bite in the center of each grain.

Don't Wash The Rice. Sometimes it's recommended that you wash rice to remove excess starch, but you need the starch to make the dish creamy.

Short And Sweet. Use only short or medium grain rice for risotto. Long grain rice doesn't have the starch content you'll need to get risotto's creamy texture.

STEP BY STEP

Saute': Cook aromatics, such as garlic and herbs, add rice and saute' 2 to 3 minutes.

Stir: Add liquid, a bit at a time, to ensure a creamy texture. Cook and stir. Wait until most of the liquid has been absorbed before adding more. When a spatula is pulled through the mixture, it should leave a fairly clean trail behind.

Finish: Stir in your favorite ingredients, such as cheese, delicate veggies or cooked meats.

4 1/2 cups reduced-sodium chicken broth

2 shallots, finely chopped

1 tablespoon butter

1 1/2 cups uncooked arborio rice

1/2 teaspoon dried thyme

1/4 teaspoon pepper

1/3 cup white wine or additional reduced-sodium chicken broth

3 tablespoons lemon juice

1 cup frozen peas, thawed

1/2 cup Parmesan cheese, grated

1 1/2 teaspoons lemon peel, grated

In a small saucepan, heat the broth. Keep warm.

In a large nonstick skillet, saute' the shallots in butter for 2 to 3 minutes or until tender.

Add the rice, thyme and pepper. Cook and stir for 2 to 3 minutes.

Stir in the wine or additional broth and lemon juice. Cook and stir until all of the liquid is absorbed.

Stir in the heated broth, 1/2 cup at a time, stirring constantly. Allow the liquid to absorb between additions.

Cook just until the risotto is creamy and the rice is almost tender. Total cooking time is about 20 minutes.

Add the peas, Parmesan cheese and lemon peel. Cook and stir until heated through.

Serve immediately.

Per Serving (excluding unknown items): 53 Calories; 3g Fat (49.8% calories from fat); 3g Protein; 4g Carbohydrate; 1g Dietary Fiber; 8mg Cholesterol; 128mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat.