

Shrimp 'n' Spinach Risotto

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Servings: 4

Preparation Time: 20 minutes

Cook time: 35 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.

3 3/4 cups reduced-sodium chicken broth

1 1/2 cups fresh mushrooms, chopped

1 small onion, chopped

3 cloves garlic, minced

1 tablespoon butter

1 cup uncooked arborio rice

1 package (6 oz) fresh baby spinach, coarsely chopped

1 pound cooked medium shrimp, peeled and deveined

1/2 cup Parmesan cheese, shredded

1/4 teaspoon pepper

In a small saucepan, heat the broth and keep warm.

In a large nonstick skillet, saute' the mushrooms, onion and garlic in butter until tender, about 3 minutes.

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

Carefully stir in one cup of the heated broth. Cook and stir until all of the liquid is absorbed.

Add the remaining broth, 1/2 cup at a time, stirring constantly. Allow the liquid to absorb between additions.

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

Add the spinach, shrimp, cheese and pepper. Cook and stir until spinach is wilted and the shrimp are heated through.

Serve immediately.

Per Serving (excluding unknown items): 92 Calories; 6g Fat (57.7% calories from fat); 5g Protein; 5g Carbohydrate; 1g Dietary Fiber; 16mg Cholesterol; 218mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 1 Fat.