

Shrimp Risotto with Goat Cheese, Asparagus and Lemon

Serves 2 (but you will probably want a side or an appetizer)

4-6 asparagus stalks, tough parts removed and the rest cut into 1-2" pieces
1 Tbsp. butter
1/4 cup diced onion or 1 large shallot, diced
2 cloves garlic, minced
1/2 cup arborio rice
1/4 cup vermouth or dry white wine
2-3 cups chicken, shrimp or vegetable broth, kept warm on the stove
2/3 lb shrimp, peeled and deveined
2 tsp. lemon juice
1 tsp. lemon zest
1 oz. goat cheese

Heat a pot of water to a boil, and then drop in the asparagus pieces. Boil for approximately 3 minutes before draining and adding the asparagus to ice cold water to shock it. Set aside.

Meanwhile, heat the butter in a heavy saucepan/skillet. Add the onion or shallot and cook until translucent. Stir in the garlic until just fragrant and then add the rice. Stir the rice around for a couple minutes in order to "toast" it.

Add the vermouth/wine. Cook until it's almost completely evaporated, and then add 1-2 ladels of the broth. Cook, stirring frequently, until most of the broth has been absorbed, and then add another 1-2 ladels. Keep stirring. Just before your rice is cooked al dente, add the shrimp and the lemon juice. Cook for 3-5 minutes until the shrimp is cooked through and the rice is al dente (tender but with a firm bite in the center). Your risotto should be a bit loose - that is, ALL of the liquid should NOT be absorbed like regular rice.

Off the heat, stir in the lemon zest and goat cheese. Stir to combine and season to taste. Serve immediately.

Nutritional Information Per Serving: Calories: 389 / Fat: 10.4g / Saturated Fat: 6.9g / Carbs: 46g / Protein: 26.5g