



LIVE HEALTHY RECIPE

Shrimp Asparagus Risotto

Shrimp and Asparagus Risotto is creamy and delicious. Elegant and fool-proof, is worth trying.





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PREP TIME: 10 TO 15 MINUTES | COOK TIME: 30 TO 45 MINUTES | YIELD: 6 SERVINGS

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INGREDIENTS:

- (5/8 cup) Asparagus
- (3/8 cup) Rice, Arborio
- (1 tbsp.) Onion
- (3/8 tsp.) Garlic
- (2 tbsp.) Wine, White
- (1 tbsp.) Parsley
- (1/4 cup) Cheese, Parmesan
- (3/4 tsp.) Oil, Olive
- (1/2 cup) Cream, Whipping, Heavy
- (1-1/2 pound) Shrimp
- (3/4 tsp.) Butter, Unsalted
- (1/4 tsp.) Pepper
- (1/3 cup) Vinegar, Balsamic
- (5/8 each) Lemon
- (4 Oz.) Broth, Beef
- (3-1/8 each) Tomatoes
- (1/3 cup) Oil, Olive
- (5/8 tsp.) Garlic
- (1/4 tsp.) Salt

DIRECTIONS:

1. Chop the parsley
2. Heat oil in a stock pot over medium heat. Add onions, garlic and asparagus. Reduce heat and cover. Cook for 10 minutes or until soft.
3. Add rice and cook for 1 minute, then add wine. Cook until the wine is absorbed, then add half the heavy cream and stock. Cook until the stock reduces by half, then add the remaining stock.
4. Continue cooking, stirring constantly. Add more stock, if needed. When the rice is fully cooked and creamy, fold in the parmesan and parsley.
5. In a medium stockpot, add tomatoes, a pinch of salt and pepper, and garlic to 1 TBS olive oil. Sauté for 5 minutes. Allow tomatoes and garlic to caramelize.
6. Peel lemon, reserving the flesh and peel separately.
7. Add remaining olive oil, vinegar, and lemon peel. Bring to a boil and then reduce to a simmer. Allow to cook for 25 to 30 minutes.
8. Melt butter in a skillet over medium high heat. Add raw shrimp, sauté until cooked through. Remove from heat and sprinkle fresh lemon juice from the reserved lemons over the shrimp. Serve over Creamy Asparagus risotto.

HEALTH BENEFITS OF ASPARAGUS:

Asparagus is a nutrient-packed vegetable. It is a very good source of fiber, folate, vitamins A, C, E and K, as well as chromium, a trace mineral that enhances the ability of insulin to transport glucose from the bloodstream into cells. That's good news if you're watching your blood sugar.