

# BRC Healthy Meal of the Week

## Spring Risotto with Fresh Peas, Shrimp and Prosciutto - A Healthy and Delicious Meal

### Ingredients ( 4 Servings)

2 1/2 ounces (unshelled weight) fresh peas, shelled  
3/4 cup low-sodium [chicken broth](#)  
salt to taste  
freshly ground black pepper  
1/2 teaspoon olive oil  
1 tablespoon diced [onion](#)  
1/4 pound medium shrimp, peeled and de-veined  
1/4 clove minced garlic  
1/4 cup Arborio rice  
1 tablespoon freshly grated Parmesan cheese  
1/2 ounce thinly sliced prosciutto, cut into thin strips about 2 inches long  
1 teaspoon chopped fresh [parsley](#)

### Cooking Instructions—Total Cooking Time

1. Cook the peas in a pot of well salted water until they are tender, about 5 minutes (longer if the peas are large). Drain and plunge the peas into a bowl of ice water. When the peas are cool, drain and set aside.
2. Heat the chicken broth in a small saucepan, season it well with salt and [pepper](#) and keep warm over low heat.
3. In another large saucepan, heat the olive oil. Add the onion, season lightly with salt and pepper and cook until it is translucent, about 5 minutes.
4. Turn the heat up to high and add the shrimp and garlic. Cook until the shrimp are just opaque, about 2 minutes. Transfer the shrimp to a plate and set aside.
5. Turn the heat down to low, add the rice to the onions and garlic in the pan and stir to combine. Add about 1/4 cup of the hot broth and stir slowly until the broth is absorbed. Continue to add the broth 1/4 cup at a time, occasionally stirring slowly, letting the rice absorb the broth before adding more.
6. The rice is cooked when it is creamy on the outside and just al dente in the center, about 20 to 25 minutes total. Stir in the shrimp, half of the peas and half of the Parmesan cheese. Season to taste with salt and pepper. If the risotto is too thick, add a little more broth until it becomes creamy.
7. Divide the risotto among warmed serving dishes and top each serving with strips of prosciutto, the remaining peas and Parmesan cheese and garnish with the chopped parsley.

### Nutrition Facts

Serving Size is 1 bowl of risotto

- Calories 384
- Protein 33 g
- Total Carbohydrate 44 g
- Dietary Fiber 3 g
- Sugar 2 g
- Total Fat 7 g
- Saturated Fat 3 g
- Monounsaturated Fat 3 g

