



weekend advanced

QUICK RISOTTO WITH SHRIMP, CORN AND EDAMAME

- 1 tablespoon extra-virgin olive oil
- 1 bunch scallions, sliced, white and green parts separated
- 2 cups instant brown rice
- 1 cup dry white wine
- 2 cups reduced-sodium chicken broth
- 1 pound peeled and deveined raw shrimp
- 1 cup frozen shelled edamame
- 1 cup frozen corn, thawed
- 4 ounces reduced-fat cream cheese (Neufchâtel), cut into small pieces
- ½ cup finely shredded Parmesan cheese
- ¼ teaspoon freshly ground pepper

Heat oil in a large nonstick skillet over medium heat. Add scallion whites and rice; cook, stirring, 1 minute. Add wine and cook on medium-high until most of it is evaporated, 2 minutes. Add broth; return to a boil. Reduce heat, cover and simmer for 5 minutes. Place shrimp on the rice. Return to a simmer. Cover and cook until the shrimp are cooked through, 5 to 7 minutes.

Stir in edamame, corn and cream cheese until the cream cheese is incorporated. Simmer, uncovered, stirring occasionally, until most of the liquid is evaporated, 4 to 5 minutes more. Remove from heat; stir in Parmesan and pepper. Top with scallion greens.

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Serves 4
Active Time: 30m
Total Time: 30m

NUTRITION FACTS

Amount per serving:
Calories: 497
Total Fat: 18g
Saturated Fat: 6g
Monounsaturated Fat: 6g
Cholesterol: 2mg
Sodium: 742mg
Carbohydrates: 43g
Dietary Fiber: 5g
Total Sugars: 5g
Added Sugars: 0g
Protein: 32g
Potassium: 694mg