

PREPARATION: 3 MINUTES

COOKING: 20 MINUTES

SERVINGS: 2

CREAMY ITALIAN SHRIMP RISOTTO



Nutrient Analysis

PER SERVING: ½ of recipe

RENAL EXCHANGE: 3 Meat + 3 Starch
+ 1 Medium-Potassium Vegetable

| | | | |
|--------------------|-----------------|------------|---------------|
| Calories | 460 Kcal | Sodium | 266 mg |
| Protein | 30 g | Potassium | 698 mg |
| Total Carbohydrate | 49 g | Phosphorus | 427 mg |
| Fiber | 3 g | Calcium | 197 mg |
| Sugars | 3 g | Iron | 4 mg |
| Fat | 14 g | Magnesium | 80 mg |
| Saturated | 4 g | Vitamin C | 32 mg |
| Cholesterol | 248 mg | | |

Diet Types

- CKD Non-Dialysis
 Dialysis/Diabetes
 Dialysis
 Transplant

CREAMY ITALIAN SHRIMP RISOTTO

INGREDIENTS

½ cup Arborio rice

4 cups water

½ cup zucchini, cut lengthwise, then cut into ¼ inch half-rounds

½ cup onion, diced

2 cloves garlic, finely chopped or pressed

2 tablespoon fresh dill, chopped (or 1½ tablespoons dried)

2 tablespoons parsley, chopped

¼ cup frozen baby peas

6 oz frozen shelled raw shrimp, size 41/50

1 teaspoon lemon zest (optional)

1 tablespoon olive oil

¼ cup dry vermouth or dry white wine

¾ cup low-sodium chicken broth*

1 tablespoon cream cheese

1 tablespoon parmesan cheese

Freshly ground black pepper

1 egg

* Choose the broth with the lowest sodium content but be aware that low sodium products often contain more potassium. Look for potassium chloride under ingredients on the label. Potassium is a hidden ingredient normally not listed in the nutrient analysis.

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PREPARATION

- 1 Over high heat, bring water to a boil (5 minutes).
- 2 Prepare zucchini, onion, garlic, dill and parsley. Measure peas and shrimp, grate zest of lemon if using, and set all ingredients aside.
- 3 Pour the rice into the boiling water and continue to boil for 5 minutes.
- 4 In a heavy-bottomed pot, heat oil over medium-high heat. Add zucchini, onion, and garlic, and cook for 3 minutes. Then add shrimp, lemon zest, peas and herbs, and cook for 2–3 minutes, stirring a couple of times.
- 5 Bring the chicken broth to boil and reserve (microwave is fast!).
- 6 Over the sink, strain the rice through a sieve. Immediately add the rice to the pot with the vegetables and shrimp.
- 7 Add the vermouth and cook for 2 minutes. Then add the hot chicken broth. Reduce heat to medium-low and cook for 8 minutes more while stirring. The stirring is important because it releases the gluten from the rice to create the creamy texture.
- 8 Remove from heat, add cream cheese, parmesan and egg. Stir gently until combined. The egg will thicken the rice to finish. No need to boil it at this point because the residual heat will cook the egg.
- 9 Finish with freshly ground black pepper and serve immediately.

