

# Low-Point Lobster Risotto

Ingredients:

- 3 cups fat-free chicken broth
- 1 cup water
- 2, small 4 oz. American lobster tails
- 3 Tbs butter (Land O Lakes Light with Canola), divided
- 1 cup uncooked Arborio rice (Risotto)
- 1 cup frozen peas, thawed

In a saucepan, bring broth and water to a boil. Add lobster tails, cover and cook for 4 minutes. Remove lobster tails from pan, cool for 5 minutes. Remove meat from cooked lobster tails, reserving shells. Chop meat into little pieces, place in small bowl, and set aside. Cut shells into large pieces and return shells to the broth mixture. Cover and cook for 15 minutes, extracting all that delicious lobster flavor. Strain shell mixture through a strainer/sieve over a bowl, reserving broth. Discard solids. Return broth mixture to saucepan; keep warm over low heat. Heat 2 tablespoons of butter in another medium saucepan over medium-high heat. Add rice to pan; cook 2 minutes, stirring constantly. Stir in 1 cup broth mixture and cook for 5 minutes or until liquid is nearly absorbed, stirring constantly. Reserve 2 tablespoons broth mixture for the end. Add the remaining broth, 1 cup at a time stirring constantly until each portion is absorbed before adding the next (about 20 minutes total). Remove from heat, stir in lobster pieces, remaining 1 tablespoons butter, reserved broth, and peas. Mix well and serve. (Peas can also be plated first if you'd prefer). Feel free to season to taste, but with its buttery creamy texture, there is no need.

Total servings - 5 (1/2 cup servings)

Serving size - 1 (1/2 cup rice and lobster)

Points per serving - 2.5

Points plus per serving - 3

This delicious recipe can be found on the website *Points In My Life*  
([www.pointsinmylife.com](http://www.pointsinmylife.com))

***"If you ask me what I came into this life to do, I will tell you; I came to live out loud." - Emile Zola***