

Low-Point Lobster Risotto

Ingredients:

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

In a saucepan, bring broth and 1 1/2 cups water to a boil. Add lobster, cover and cook for 4 minutes. Remove lobster from pan, cool for 5 minutes. Remove meat from cooked lobster tails, reserving shells. Chop meat. Place shells in large zip-top plastic bag. Coarsely crush shells using a meat mallet or heavy skillet. Return crushed shells to the broth mixture. Cover and cook for 20 minutes. 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 1 tablespoon 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. Add the remaining broth, 1/2 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, reserved 2 tablespoons butter, reserved 2 tablespoons of broth, and peas. Mix well and serve.

Total servings = 4 (1 cup servings)

Serving size = 1

Points per serving = 5

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