



**STIR IN GREEN, SERVE DINNER** A smattering of sweet peas and a good measure of rock shrimp turn a humble bowl of pearl barley into a serious risotto.

## **BARLEY RISOTTO WITH SHRIMP AND PEAS**

**SERVES 6**

- 1 cup pearl barley
- 6 cups homemade or low-sodium store-bought chicken stock
- 2 tablespoons extra-virgin olive oil
- 1 cup finely chopped onion
- $\frac{1}{2}$  cup dry white wine
- 12 ounces rock shrimp, peeled Maine shrimp, or other small peeled shrimp
- $2\frac{1}{2}$  cups frozen peas, thawed
- 1 tablespoon finely grated lemon zest
- 2 tablespoons fresh lemon juice
- $\frac{1}{4}$  cup finely grated Parmesan cheese
- 1 teaspoon coarse salt
- Freshly ground pepper

1. Place barley in a bowl, and add enough cold water to cover by 2 inches. Cover; let soak in the refrigerator overnight.

2. Bring stock to a boil in a saucepan. Remove from heat, and cover. Drain barley. Heat oil in a medium saucepan over

medium heat. Add onion; cook 6 minutes. Stir in barley. Add wine, and cook, stirring, until liquid has evaporated.

3. Add  $\frac{1}{2}$  cup stock, and cook, stirring, until liquid is absorbed. Continue adding stock,  $\frac{1}{2}$  cup at a time, waiting until liquid is absorbed before adding more, until barley is tender but still slightly firm, about 35 minutes total (reserve  $\frac{1}{4}$  cup stock to stir in at the end).

4. About 1 minute before barley is done, stir in shrimp and peas, and cook until shrimp are opaque throughout. Remove from heat, and stir in  $\frac{1}{4}$  cup stock, lemon zest, lemon juice, Parmesan, and salt. Season with pepper, and serve.

**per serving:**

**306 calories** 1 g saturated fat  
5 g unsaturated fat **89 mg cholesterol**  
**35 g carbohydrate** 599 mg sodium  
**20 g protein** **10 g fiber**