



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
2½ 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**