

## **Risotto with Garlic Shrimp and Spinach**

Submitted by Linda Lopos

4 Tbsp. canola oil, divided	4 large garlic cloves, chopped (I use garlic press)
1 Tbsp margarine	2 lb. Large shrimp, peeled and deveined
1 cup diced onion (I use Vidalia)	1 lb. Fresh baby spinach
1 ½ cup arborio rice*	5 C. reduced sodium vegetable broth

\*If you use all of the (3) 14oz. cans of broth, then increase the amount of rice to 1 ¾ cups.

In a large pan (e.g. Dutch oven), over medium-high heat, melt margarine) with 2 TBSP canola oil. Add onions and sauté until softened. Add rice and sauté for 1 minute. Add 1 cup of broth, stirring often until broth is almost completely absorbed. Continue adding broth, 1 cup at a time, while stirring, until all the broth is absorbed and the rice is tender.

Just before the rice is ready, in another skillet over medium-high heat, add the remaining 2 tbsp canola oil. Sauté garlic until aromatic and softened (don't brown). Add shrimp and "stir fry" until just done (don't overcook shrimp). Remove with a large slotted spoon to a plate (I used a large casserole dish that I end up using as my serving dish. In the same pan, add spinach, a little at a time, tossing until spinach is cooked down. Transfer shrimp and spinach to the risotto and stir together. Place all in a large serving casserole dish and serve immediately. Pass around hot sauce for those who want to "kick it up a notch."

***"Fasting is an ordinance of the Church, obliging the Christian to observe it on specific days. Concerning fasting, our Savior teaches: "When thou fastest, anoint thine head, and wash thy face; that thou appear not unto men to fast, but unto thy Father Who is in secret: and thy Father, Who seeth in secret, shall reward thee openly"***