

Spring Vegetable Risotto

Total time: 55 minutes

- 2 tablespoons unsalted butter
- 2 tablespoons olive oil
- 2 cups Arborio rice
- 6 cups fresh vegetable broth or 4 large vegetable bouillon cubes dissolved in 6 cups boiling water
- 2 medium zucchini, trimmed, halved lengthwise and cut across into 1/8-inch slices
- 1 cup shelled peas
- 2 cups 1 1/4-inch pieces of sliced asparagus (1 1/4 pounds)
- 6 scallions, trimmed and sliced thin
- 1/2 cup loosely packed medium-fine chopped dill
- 2 teaspoons kosher salt, or to taste
- 1/2 cup freshly grated Parmesan cheese

1. Place the butter and olive oil in a 14-by-9-by-2-inch oval dish. Cook, uncovered, at 100 percent power in a high-power oven for 2 minutes. Stir in rice, and cook for 4 minutes.

2. Stir in 4 cups of the broth, and cook for 9 minutes. Remove dish from oven, and stir in the zucchini and peas. Return dish to the oven, and cook for 7 minutes. Stir in the asparagus, scallions and 1 cup of the broth.

3. Remove dish from oven. Stir in clams around the inside edge of the dish. Cook for 5 minutes. Stir the shrimp into the rice in the center of the dish. Place the mussels over the shrimp, hinge-side down. Cook for 4 minutes.

3. Remove from the oven and cover the dish with a clean kitchen towel; let stand for 12 minutes. Uncover and serve.

Yield: 10 servings.
Low-power variation: Halve all ingredients, and cook in a 13-by-9-by-2-inch dish. Cook butter and oil for 3 minutes. Cook rice for 7 minutes. Stir in 2 cups of the broth and cook for 13 minutes. Stir in the zucchini and peas and cook for 10 minutes. Stir in asparagus, scallions and 1/2 cup of broth, and cook for 4 minutes. Finish recipe as above.

Approximate nutritional analysis per serving: 255 calories, 8 grams fat, 10 milligrams cholesterol, 995 milligrams sodium (before salting), 10 grams protein, 35 grams carbohydrate.

Seafood Risotto

Total time: 1 1/2 hours

- 1/2 cup olive oil
- 1 medium onion, peeled, halved and sliced thin
- 1 cup Arborio rice
- 1 1/2 cups shrimp broth (see Micro-Tip)
- 3/4 cup crisp white wine
- 1 clove garlic, smashed, peeled and sliced thin
- 1 1/2 teaspoons kosher salt
- 1 teaspoon saffron
- Pinch of cayenne
- 3/4 cup trimmed and sliced fennel
- 12 littleneck clams
- 12 shrimp, peeled, deveined and cut in half crosswise
- 12 mussels

1. Place the olive oil in a 10-inch square dish. Cook, uncovered, at 100 percent power in a high-power oven for 2 minutes. Stir in rice and cook for 4 minutes. Meanwhile, combine the broth, wine, garlic, salt, saffron and cayenne.

2. Stir in the fennel. Pour the broth mixture into the dish and stir well. Cook for 9 minutes. Stir. Arrange the clams around the inside edge of the dish. Cook for 5 minutes. Stir the shrimp into the rice in the center of the dish. Place the mussels over the shrimp, hinge-side down. Cook for 4 minutes.

3. Remove from the oven and cover the dish with a clean kitchen towel; let stand for 12 minutes. Uncover and serve.

Yield: 4 servings.
Low-power variation: Use only 1 1/4 cups broth. Cook olive oil as in Step 1 for 3 minutes. Cook onions for 6 minutes. Cook mushrooms for 6 minutes. Cook rice for 12 minutes. Cook with clams for 8 minutes. Cook with shrimp and mussels for 6 minutes. Finish recipe as above.

Approximate nutritional analysis per serving: 400 calories, 15 grams fat, 60 milligrams cholesterol, 985 milligrams sodium, 20 grams protein, 45 grams carbohydrate.

Wild Mushroom Risotto

Total time: 55 minutes

- 1/2 cup unsalted butter
- 1 large onion, peeled, quartered and sliced thin
- 2 cups Arborio rice
- 12 ounces mixed wild mushrooms — like morels, chanterelles, porcini, and crimini — stems trimmed, caps and stems cut into 3/4-inch cubes (except morels, which should be left whole if small)
- 5 cups chicken broth
- Kosher salt and freshly ground black pepper to taste
- Freshly grated Parmesan cheese to taste

1. Place the butter in a 14-by-9-by-2-inch oval dish. Cook, uncovered, at 100 percent power in a high-power oven for 2 minutes. Stir in onions and

cook for 4 minutes. Stir in rice and cook for 4 minutes. Return to oven, and stir in mushrooms. Return to oven, and cook for 3 minutes. Stir and cook for 2 minutes longer. Stir in broth. Cook for 9 minutes. Stir well and cook for 9 minutes longer.

3. Remove from oven, and cover the dish with a clean kitchen towel; let stand for 10 minutes. Uncover, and stir in salt, pepper and cheese. Serve immediately.

Yield: 6 servings.
Low-power variation: Cook butter as in Step 1 for 3 minutes. Cook onions for 6 minutes. Cook mushrooms as in Step 2 for 8 minutes, stirring once. Cook with broth for 35 minutes, stirring once, halfway through cooking time. Finish recipe as above.

Approximate nutritional analysis per serving (before adding cheese): 425 calories, 15 grams fat, 40 milligrams cholesterol, 655 milligrams sodium (before salting), 10 grams protein, 55 grams carbohydrate.