

Asparagus and Pea Risotto

Preparation time:

15 minutes

Cooking time:

27 minutes

- 2 tablespoons olive oil
- 2 tablespoons unsalted butter
- 3 shallots, peeled and finely chopped, about ½ cup
- 1 cup arborio rice
- 4¾ to 5 cups chicken broth, home-made or canned
- 1 cup asparagus tips, cut into 1-inch lengths (about 6 ounces whole asparagus spears)
- 1½ cups fresh peas (about 1 pound peas in the pod)
- ¼ cup chopped fresh parsley
- 1½ tablespoons chopped fresh mint
- Grated Parmesan cheese, optional
- Kosher salt and freshly ground black pepper to taste.

1. Place the oil and butter in an oval glass or ceramic dish (13 by 9 by 2 inches), and cook, uncovered, in a 650° to 700-watt oven at 100 percent power for 1 minute.

2. Remove from the oven, and stir in the chopped shallots. Return to the oven, and cook at 100 percent power for 2 minutes.

3. Leave dish in oven, and stir in rice. Cook, uncovered, at 100 percent power for 3 minutes. Stir in 4 cups of the broth. Cook, uncovered, at 100 percent power for 15 minutes longer, stirring once during cooking.

4. Remove from oven, and stir in asparagus tips. Return to oven, and cook, uncovered, at 100 percent power for 3 minutes. Leave dish in oven, stir in peas, and cook at 100 percent power for 3 minutes longer.

5. Remove from oven, stir in chopped herbs and remaining broth until the desired consistency is reached. Add cheese, if desired, and salt and pepper. Serve immediately.

LOW-WATTAGE VARIATION:

Macaroni and Cheese

Extra cheese, plus a little sour cream, makes this doubly delicious.



TERESA BERRY'S MACARONI AND CHEESE

Makes: 8 servings at 37¢ each.

Prep: 25 minutes.

Bake: at 350° for 30 to 35 minutes.

Teresa Berry used to make boxed macaroni and cheese, improving it by adding cheese and sour cream. That was how her recipe began to evolve. People like it because it's "real cheesy," she says, "with extra cheese both on the bottom and on the top."

- 1** pound elbow macaroni
- 8** ounces sharp Cheddar cheese, shredded (2 cups)
- 1** cup 1% milk
- ½** teaspoon salt
- ½** teaspoon pepper
- ¼** cup reduced-fat sour cream
- Paprika, for garnish

1. Preheat oven to 350°. Grease 3-quart casserole.

2. Cook macaroni according to package directions; do not overcook. Drain.

3. Sprinkle ½ cup of the cheese over bottom of prepared casserole. Mix together macaroni, milk, 1 cup of the

Shells (1 lb. cooked)

chopped meat (Sauté)

tomatoes, add

corn, add

garlic onions (Sautéd)

green pepper (Sautéd)

Sabasco, pepper
Parmesan