



Lemony Risotto with Seared Scallops

Ingredients

3 Cup Water
1 Tbsp Vegetable Base, No MSG
1 Tsp Olive Oil
¼ lb. Yellow Onions, Fresh, Diced
1 cup + 3 Tbsp Arborio Rice, Raw
1 cup + 3 Tbsp Diced Tomatoes, Canned, Drained
1 Tsp Garlic, Fresh, Minced
3 ½ Tsp Fresh Grated Lemon Rind
¼ Cup Italian Parsley Leaves, Fresh, Minced
3 Tbsp Olive Oil
1 lb.+ 8 oz. Sea Scallops, Raw, 30-40ct
Dash Salt
Dash Ground Black Pepper

Preparation

Bring water to a boil. Stir in vegetable base until dissolved.
In a heavy-bottomed pot, heat 1st listed oil over medium-low heat.
Add onion. Cook until translucent. Do not brown.
Stir in rice to coat with oil. Cook for 3 minutes or until opaque.
Add ½ cup broth for each 2 cups rice listed in recipe. Cook, stirring constantly, until broth is absorbed. Continue adding broth, ½ cup at a time, until rice is almost cooked through.
Stir in tomato, garlic, lemon rind and parsley.
In a sauté pan, heat 2nd listed oil until very hot.
Season scallops with salt and pepper. Carefully, place in hot oil. Cook for 1 ½ to 2 minutes or until golden brown crust forms. Turn and cook for 2 to 3 minutes more.

Serving Size: 3 oz. scallops over 6 oz. risotto

Nutrition Facts (per serving)

Calories	292
Fat (g)	9.7
Saturated Fat (g)	1.3
Cholesterol (mg)	26
Sodium (mg)	480
Carbohydrate (g)	34.5
Fiber (g)	2.1
Protein (g)	15.8
Calcium (mg)	114

