

Recipe adapted from *Cooking Light*, May 2010



## Strawberry & Rhubarb Risotto

2 c sliced strawberries  
3/4 c, plus 1 T sugar, divided  
2/3 c Port wine  
1-1/2 c chopped rhubarb  
3-1/2 c water, divided  
2 c skim milk  
1/4 t salt  
1/8 t dried nutmeg  
2 T butter  
1 c uncooked Arborio rice  
1/2 t vanilla extract  
1/4 c mascarpone cheese

Combine the strawberries and 1/4 c sugar in a bowl and set aside. Next combine the Port and 1/4 c of sugar in a saucepan. Bring to a boil over medium-high heat and cook for 7 minutes. Stir in chopped rhubarb and cook an additional 7 minutes.

Next, in a small sauce pan simmer 3-1/2 c of water. Keep warm over low heat. In another small sauce pan simmer the milk, remaining sugar, salt and nutmeg over low heat.

In a large Dutch oven, melt the butter. Add the rice and cook for 1 minute, stirring constantly. Stir in 1 c of hot water from the small sauce pan, cook for 3 minutes or until liquid is absorbed. Again stir constantly. Add remaining water 1/2 c at a time, stirring constantly and until absorbed before adding the next 1/2 cup. Once all of the water is absorbed, begin adding the simmering milk mixture, 1/2 c at a time until absorbed, stirring constantly.

Finally stir in vanilla and cook for an additional minute. Remove from heat and stir in the mascarpone. Place desired serving in bowls and top with rhubarb mixture and strawberries.