

Squash Risotto with Sage

get ready

Servings: Serves 4

Cook Time: 28 minutes

Prep Time: 0 minutes

ingredients

1 1/2 tablespoon Nature's Place Organice extra virgin olive oil
1 medium onion, finely chopped
1/4 teaspoon salt, or to taste
1/4 teaspoon freshly ground black pepper, or to taste
1 lb butternut squash, squash, peeled, seeded, and chopped into 1/4-inch cubes
1/4 cup fresh Nature's Place Organic sage leaves, cut into thin strips, divided
1 1/2 cups arborio rice
4 cups low-sodium vegetable broth (found in the Organic & Natural aisle)
1/2 cup Nature's Place Organic Parmesan cheese, shredded and divided

directions

Note: This recipe works well with any winter squash, including Hubbard, buttercup, or acorn.

1. Heat oil in a medium saucepan over low heat. Add onion, salt, and pepper and cook 8 minutes, stirring occasionally. Add squash and 2 Tbsp. of the sage and cook, stirring, for 3 minutes. Add rice and cook, stirring, for 1 minute, making sure to coat the rice kernels well with the sage and onion.
2. Add 1 cup of the broth and cook for 5 minutes, stirring occasionally. When most of the broth has been absorbed, add another cup of broth and cook another 5 minutes, stirring every minute or so. Stir in a third cup of broth and cook, stirring frequently, for 10 minutes or until the rice begins to absorb almost all the liquid. Stir in the final cup of broth. Cook another 5 to 10 minutes, stirring frequently or until the rice and squash are tender and almost all the broth has been absorbed by the rice. The rice should still look a bit wet.
3. Remove from heat and gently stir in 1/4 cup of the cheese. Serve hot, garnished with the remaining 2 Tbsp. sage and 1/4 cup cheese.

Source: Fresh Magazine September, October 2010