

Butternut Squash Risotto

Butternut squash adds flavor and color to this classic fall recipe. Since butternut squash is naturally creamy and non-fat, it creates the "risotto" texture without relying on Mascarpone that is extremely high in saturated fat. Frozen butternut squash puree can be found in most freezer sections of your local grocery store.

Serves 4-6

Ingredients

- 3 tablespoons olive oil
- 6 shallots, peeled, thinly sliced (about 1/2 pound)
- 4 cloves garlic, peeled and thinly sliced
- 6 cups reduced sodium vegetable or chicken stock
- 2 cups butternut squash puree
- 2 cups Arborio rice
- 8 fresh sage leaves, finely sliced (about 2 tablespoons)
- 1 teaspoon minced fresh rosemary
- 1/2 cup dry white wine
- 1/2 cup grated Parmesan or Romano cheese
- 1/2 -1 teaspoon salt
- 1/4 freshly ground pepper, optional

Directions

In a large saucepan over medium-high heat, whisk together the stock and squash puree. Bring just to a simmer, 8 to 10 minutes, keep over low heat.

In a large saucepan or large skillet with sides, warm half the olive oil over medium heat. Add the shallots and garlic, cook 6-8 minutes until the shallots begin to turn golden and soften. Add the additional olive oil, rice, sage, and rosemary. Cook an additional 1-2 minutes, stirring occasionally until the grains are well coated with the oil and are nearly translucent with a white dot in the center.

Add the wine and stir until it is absorbed.

Add the simmering stock mixture a ladleful at a time, stirring frequently after each addition. Wait until the stock is almost completely absorbed before adding more.

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When the rice is tender to the bite but slightly firm in the center and looks creamy, after about 25-30 minutes, stir in half the cheese, salt and pepper if using. Serve immediately with the remaining cheese.

Make it a Meal

Serve with Herbed Leg of Lamb and Roasted Lemon Asparagus

Wine Pairing

Chardonnay or Sauvignon Blanc