

Butternut Squash Risotto

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Servings: 4

Preparation Time: 15 minutes

Cook time: 40 minutes

To make butternut squash puree', wash and halve lengthwise a 1 1/2-pound butternut squash. Remove the seeds. Place, cut sides down, in a baking dish with two tablespoons of water. Microwave, covered with vented plastic wrap, for 7 to 10 minutes or until tender, rearranging once. Let stand, covered, for 5 minutes. Scoop the flesh out of the skins and mash until smooth. Measure 1 1/3 cups. Reserve the remaining squash for another use.

5 cups low-sodium chicken broth or vegetable broth

1 tablespoon olive oil

1 medium onion, finely chopped

1 1/2 cups Arborio rice

1/2 cup dry white wine

1 pkg (10 oz) (1 1/3 cups) frozen butternut squash puree', thawed

2 tablespoons fresh sage, chopped

1/2 cup (2 oz) Parmesan cheese, finely shredded

1/2 teaspoon salt (plus more to taste)

freshly ground black pepper (to taste)

In a medium saucepan, heat the broth until hot but not boiling. Reduce the heat to low. Cover to keep warm.

In a large saucepan, heat the oil over medium heat. Add the onion. Cook and stir for 6 to 8 minutes until softened but not browned.

Add the rice. Cook and stir for 1 minute.

Add the wine and simmer about 2 minutes, stirring constantly until it is absorbed.

Add 1/3 cup of the hot broth. Simmer over medium heat, stirring frequently, until it is absorbed. Repeat with the remaining broth, 1/2 cup at a time, allowing each addition to absorb before adding more, about 30 minutes total. When all the broth is incorporated and the rice is tender and creamy, add the squash, sage, all but two tablespoons of the cheese, the salt and pepper. Season with additional salt to taste.

Garnish with the reserved cheese.

Serve immediately.

Per Serving (excluding unknown items): 317 Calories; 4g Fat (11.3% calories from fat); 6g Protein; 58g Carbohydrate; trace Dietary Fiber; trace Cholesterol; 27mg Sodium. Exchanges: 3 1/2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1/2 Fat.