

Butternut Squash, Sage & Chile Risotto

Woman's Day Magazine - October 9, 2009

Servings: 6

Preparation Time: 30 minutes

Start to Finish Time: 50 minutes

6 cups chicken or vegetable broth

1 stick (1/2 cup) unsalted butter

1 large onion, chopped

1/8 teaspoon crushed red pepper flakes (or to taste)

1 pound (2 1/2 cups) butternut squash, peeled, seeded and diced

2 cups arborio rice

1 tablespoon fresh sage, chopped

3/4 cup Parmesan cheese, grated

Pour the broth into a large saucepan. Bring to a simmer (keep at a gentle simmer).

Melt four tablespoons of the butter in a large heavy saucepan. Add the onion and cook for 10 minutes, stirring occasionally, until tender.

Stir in the crushed red pepper and cook for 1 minute.

Add squash and cook for 5 minutes, stirring often, until it softens slightly. Stir in the rice. Cook for a few minutes to toast the grains.

Begin adding the broth, a ladlefull at a time, stirring gently until each one has been absorbed. Continue stirring until the rice is tender and creamy but the grains are still firm. This should take 15 to 20 minutes.

Remove from the heat and stir in the sage, remaining butter and the Parmesan.

Per Serving (excluding unknown items): 541 Calories; 19g Fat (30.3% calories from fat); 12g Protein; 85g Carbohydrate; 5g Dietary Fiber; 49mg Cholesterol; 211mg Sodium. Exchanges: 5 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 3 1/2 Fat.