



Butternut Squash Risotto

SERVES 6

Ingredients

1 cup of arborio rice

1/2 medium size butternut squash

4-5 cups of vegetable broth

1/2 cup dry white wine, whatever you would drink

1 cup onion, chopped

1 large garlic clove, chopped

1 Tbsp of fresh chopped thyme

1 Tbsp of fresh chopped sage leaves

1/3 cup fresh grated parmesan cheese

1/3 cup fresh grated gruyere cheese

1 Tbsp of butter

4 Tbsp of olive oil

salt and pepper to taste

Instructions

Cut the butternut squash in half. Peel off the skin and chop into 1 inch cubes. If you use the bottom half of the squash, remove the seeds before cutting into cubes.

Place the butternut squash on a baking sheet, toss with about 1 tablespoon of olive oil and sprinkle with a tiny bit of salt. Roast in a 400 degree oven for about 10-15 minutes, just until tender, but not mushy. Set it aside when done cooking in the oven.

In a medium saucepan, heat up the vegetable broth almost to a boil.

While the squash is roasting, heat up a large sauté pan and the remaining olive oil to medium heat. Add in the chopped onion, a sprinkle of salt and cook until translucent. About 7 minutes. Add in the garlic and cook for about a minute. Add the butter and allow it to melt, then pour in the arborio rice and chopped herbs. Allow the rice to toast for about 3-4 minutes. Pour in the wine and allow the rice to soak it up, stirring it often. Once the wine has been soaked up, add one cup of vegetable broth at a time allowing the rice to absorb it before adding in another cup of broth, stirring it often. Continue this process until all of the broth has been used and the rice is cooked al dente. It will take about 20 minutes. Stir in the grated cheeses and the butternut squash. When the cheese has completely melted and the squash has been reheated, taste test it to see if you need to add any salt or pepper and then spoon into shallow bowls to enjoy!