

Butternut Squash Risotto

Who doesn't love risotto? The only concern for me is that it's super heavy given the fact that it is typically made with cream and tons of cheese. So consider this lighter option a rebirth of a distinct and flavorful dish. If you don't fancy butternut squash, swap with asparagus, zucchini or mushrooms!

INGREDIENTS

2 tablespoons extra virgin olive oil	6 cups vegetable or chicken broth (you can also use water for lighter flavor)
1 garlic clove, minced	1 cup grated Parmesan cheese (optional)
1 small yellow onion, small dice	1 teaspoon salt, or more to taste
1 very small butternut squash, peeled and seeded, small dice	Freshly ground black pepper, to taste
2 small sprigs fresh rosemary, stems removed, minced	
2 cups arborio rice	

STEP 1

In a medium pot, heat the olive oil over medium heat and add the garlic, onion, squash, and rosemary and sauté for 5 minutes, stirring regularly. Then add the rice and mix well.

STEP 2

Measure all dressing ingredients, place in a blender and purée until smooth and cStart by pouring 2 cups of the broth into the pot, stirring frequently until the liquid is absorbed. Repeat with another 2 cups of broth, then a final 2 cups (the entire process should take about 20 minutes). Turn off the heat, add the Parmesan (if using), and gently mix. Finish with salt and pepper.

SERVES

4-6 people

TIME

🕒 45m

SHOPPING LIST

- 1 jar extra virgin olive oil
- 1 head garlic
- 1 small yellow onion
- 1 very small butternut squash, about 2 cups small dice
- 1 bunch fresh rosemary
- 2 cups arborio rice
- 6 cups vegetable or chicken broth
- 1 block Parmesan or 1 container grated
- Salt
- Ground pepper

EQUIPMENT

1 large heavy bottomed pot

STORAGE

Store in fridge in an air tight container, preferably glass, for 3-4 days or store in freezer for up to 3 months.