

Roasted Butternut Squash Risotto



Ingredients: For Risotto

2 tbsp olive oil
2 tbsp butter
½ cup onion, diced
1 cup Arborio rice
½ cup white wine
3-5 cups chicken stock
salt and pepper to taste
¼ cup grated parmesan cheese

Ingredients: For Butternut Squash

½ butternut squash, cut length wise
salt and pepper to taste
2 tbsp olive oil

Method: For Risotto

sauté onion in oil and butter for 3 minutes. Add rice and cook 2-3 minutes. Add wine and simmer until it is almost absorbed into the rice. Add enough chicken stock to just cover rice and keep stirring on a low simmer until stock is absorbed before adding more stock. Continue this step until rice is tender. Season to taste and mix in cheese.

Method: For Butternut Squash

heat oven to 375 degrees. Remove seeds from squash half and place on an oiled baking tray. Cut squash half into 4 wedges, place on baking tray with the seeds. Drizzle with oil and season to taste. Cook 40-50 minutes or until squash is tender. Remove seeds from tray when fully toasted about 10-15 minutes. Chop half the squash really fine and the other half chunky, mix into the rice and serve with the toasted seeds on top.