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Butternut Squash Risotto with Smoked Mozzarella

Serves: 4 Prep time: 10 minutes Cook time: 25 minutes

Ingredients:

1 Tbsp olive oil
½ cup chopped shallots (sweet onion can be substituted)
1 cup Arborio rice (short grain)
4 cups reduced-sodium chicken broth
1 butternut squash (about 2 lbs), halved lengthwise and seeded
1 cup grated smoked mozzarella cheese

Directions:

Heat the oil in a medium pan over medium heat. Add the shallots and cook for 2 to 3 minutes, until soft. Add the rice and cook for 2 minutes, until the rice is translucent, stirring frequently. Add ½ cup of the chicken broth (or on ladle full) and simmer until liquid is absorbed, stirring constantly. Continue adding the chicken broth once liquid is absorbed, one ladle at a time. Stir constantly until all liquid is absorbed and the rice is tender (the entire process should take about 20 minutes)

Meanwhile, season the inside of the squash with salt and freshly ground black pepper and place flesh side down in a microwave safe dish. Add about 1/8 inch of water to the dish and cover with plastic wrap or a paper towel. Microwave on HIGH power for 5-8 minutes, until the flesh is tender. When cool enough to handle, remove the flesh from the squash and transfer to a bowl. Mash the flesh with a potato masher or fork. Fold the butternut squash and mozzarella cheese into the rice mixture and stir until the cheese is melted. Remove from heat and season to taste with salt and pepper before serving.

*Note: Can also add chicken or shrimp, just account for added calories and fat, for a meal.

Nutrients per serving:

Calories: 450
Fat: 11g
Saturated Fat: 5 g
Carbs: 73 g
Protein: 15 g
Fiber: 8 g
Sodium: 278 mg