



Butternut Squash Risotto

Cook Time: 55 minutes

Servings: 6

Ingredients

- 1 Cup Arborio Rice
- 1 Small Butternut Squash
- 3-5 Cups Vegetable Broth
- 1 Shallot
- 1 Garlic Clove
- 3 tbsp. Parsley
- 1/4 Cup Parmesan Cheese
- 3 Big Handfuls Baby Spinach
- 2 tbsp. Olive Oil
- 1/4 Cup Greek Yogurt
- Dash Cinnamon
- Dash Cayenne Pepper
- Salt to Taste
- Pepper to Taste

Instructions

1. Put water in pot and on medium to high heat.
2. Peel butternut squash, remove seeds and cut into bite size pieces. *Note: Use pre-cut squash from store to save time.
3. When the water comes to a boil drop in the squash. Cover with a lid, and boil for 10-15 minutes until it's fork tender.
4. Strain the squash.
5. Put vegetable broth in pot on medium heat.
6. Add 2 tbsp. of olive oil to a large skillet. Put it on medium/low heat.
7. Chop shallot and garlic and add to skillet. Cook until they're soft.
9. Add arborio rice to skillet with shallot and garlic and cook for 2 minutes.
10. Stir in 1 cup of vegetable stock, lower heat to a slow simmer. Keep stirring until it gets absorbed.
11. Then, add more stock and repeat.
12. It should start to thicken up. Keep adding liquid and stirring until it's soft and creamy.
13. Add 3 handfuls of spinach, 1/4 cup cheese, salt, pepper, dash of cayenne pepper, 3 tbsp. parsley, dash of cinnamon and 1/4 cup of Greek yogurt. Stir to combine.
15. Stir in the butternut squash and serve.



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