Butternut Squash Risotto
Makes 8 servings

Ingredients:
- 1 tablespoon olive oil
- 1 cup onion chopped
- 2 cloves garlic, minced
- 1½ cups Arborio rice
- 1 teaspoon turmeric
- 3 cups fat free, low-sodium vegetable broth, kept hot
- 1½ cups roasted butternut squash puree, or other winter squash puree of your choice
- ½ cup parmesan cheese
- ¼ teaspoon nutmeg

Directions:
1. Heat olive oil in a large saucepan over medium high heat. Add onion and sauté for 4 minutes or until tender.
2. Add garlic and cook for 2 more minutes.
3. Add rice while stirring constantly with a wooden spoon, cook for 2 more minutes.
4. Add turmeric and cook about 2 more minutes, stirring often.
5. Add 1 cup of the hot broth and cook, stirring frequently, until the rice absorbs the liquid. Continue adding broth in ¾ cup increments and stirring often until the rice is creamy (not soupy) and soft but still al dente, about 25 minutes.

*If not serving immediately*, keep warm and add cheese right before serving.

Source: Recipe created by Lindsay Krasna, Dietetic Intern, Cornell University, 2008

---

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

Diversity and Inclusion are a part of Cornell University’s heritage. We are a recognized employer and educator valuing AA/EEO, Protected Veterans, and Individuals with Disabilities. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disabilities. This material was funded by Expanded Food and Nutrition Education Program.