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**THE CENTER**  
 for Health Improvement

# Easy Butternut Squash Risotto

*Recipe provided by: health.com*

**Ingredients:**

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|--|---|
| 1 medium butternut squash (about 1 ¾ pound)          | 1 (14-ounce) can fat-free, less sodium chicken broth            |
| 1 cup microwaveable brown rice (such as Uncle Ben's) | ½ cup grated fresh Parmesan cheese, plus additional for garnish |
| 1 tablespoon olive oil                               | ¼ teaspoon salt   |
| 1 large shallot, minced                              | ¼ teaspoon freshly ground black pepper                          |
| 2 teaspoons minced peeled fresh ginger (optional)    |   |

**Instructions:** 1. Cut squash in half lengthwise. Scoop out seeds and stringy flesh. Place the squash halves, cut sides down, on plastic wrap in microwave. Cook on HIGH 10 minutes or until cooked through. Scoop flesh into medium bowl, stir until smooth, and set aside. 2. Microwave rice according to package directions, omitting butter. 3. Heat oil in a medium saucepan over medium heat. Add shallot and optional ginger; cook 2 minutes, stirring. Add rice. 4. Alternately stir in squash and broth, ½ cup at a time; wait until each is absorbed before adding more. Remove from heat; stir in 1/2 cup Parmesan, salt and pepper. Serve in bowls; garnish with cheese, if desired.

Nutritional Information  
 (Per serving):

Serves 4  
Serving Size: ¾ cup

Calories: 256

Fat: 8 g

Monounsat. Fat 4 g

Saturated fat: 2 g

Cholesterol: 9 mg

Carbohydrates: 41 g

Sodium: 271 mg

Protein: 10 g

