

Butternut Squash Risotto

Servings: 2

Adapted from Sandra Simile, Cooking Light OCTOBER 2010

Ingredients

1/4 cup coarsely chopped walnuts
1/4 tablespoon butter, melted
1/4 teaspoon brown sugar
1/8 teaspoon pepper
1 cup cubed peeled butternut squash
1 teaspoon olive oil, divided
1 teaspoon minced fresh garlic
1 cup fat-free, lower-sodium chicken broth
1/8 cup water
1/4 cup finely chopped onion
1/2 cup HT traders Parmesan risotto
1/8 cup white wine or more chicken broth
1 teaspoon dried thyme
1/4 teaspoon grated lemon rind
Salt

Preparation

- 1) Preheat oven to 400°.
- 2) Arrange nuts in a single layer on a jelly-roll pan. Bake at 400° for 5 minutes or until toasted, stirring twice. Place nuts in a bowl. Drizzle butter over warm nuts; sprinkle with sugar and 1/8 teaspoon pepper. Toss well to coat.
- 3) Combine squash and 1/2 teaspoon olive oil, tossing to coat. Arrange squash in a single layer on jelly-roll pan. Bake at 400° for 15 minutes or until squash is just tender. Remove from pan; stir in garlic. Set aside.
- 4) Bring broth and 1/8 cup water to a simmer in a saucepan (do not boil). Keep warm over low heat.
- 5) Heat a large saucepan over medium heat. Add 1/2 teaspoon olive oil and onion; cook 3 minutes or until tender, stirring occasionally. Add risotto; cook 2 minutes, stirring constantly. Add wine; cook 1 minute or until liquid is nearly absorbed, stirring constantly. Add broth mixture, 1/4 cup at a time, stirring constantly until each portion of broth is absorbed before adding the next (about 20 minutes total). Stir in squash, thyme, 1/8 teaspoon salt, and 1/8 teaspoon pepper. Top with nuts.