



Risotto with Roasted Winter Squash

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



410 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 small acorn squash peeled seeded cut into 1/2-inch cubes
- ☐ 1.5 cups arborio rice uncooked
- ☐ 1 tablespoon balsamic vinegar
- ☐ 0.5 small butternut squash peeled seeded cut into 1/2-inch cubes
- ☐ 4 teaspoons thyme leaves fresh divided chopped
- ☐ 2 garlic cloves minced
- ☐ 4 cups chicken broth low-sodium
- ☐ 3 tablespoons olive oil divided

- ☐ 1 small onion diced
- ☐ 0.5 cup parmesan cheese divided freshly grated
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 0.5 teaspoon sea salt
- ☐ 2 tablespoons butter unsalted
- ☐ 0.3 cup white wine such as Chardonnay

Equipment

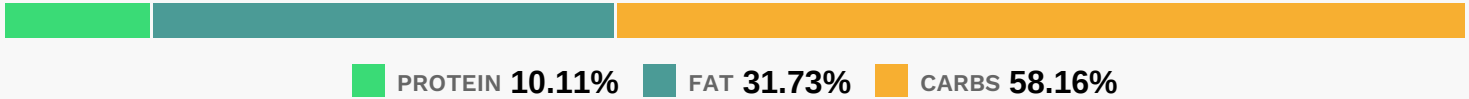
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 40
- ☐ Place all squash cubes on an aluminum foil-lined rimmed baking sheet.
- ☐ Drizzle with 1 tablespoon olive oil and vinegar, and toss. Season with 1 tablespoon thyme, sea salt, and pepper, and roast 35 to 40 minutes or until squash is tender and browned, turning once.
- ☐ Remove from oven, and set aside.
- ☐ Bring broth to a boil in a 3-quart saucepan over medium-high heat. Turn off heat, cover, and keep warm.
- ☐ Heat remaining olive oil and butter in a large saut pan over medium heat.
- ☐ Add onion, and saut, stirring frequently, 2 minutes or until tender and translucent.
- ☐ Add garlic, and saut, stirring constantly, 1 minute more.
- ☐ Add rice, and cook, stirring constantly, 2 minutes or until grains are well coated and the outsides turn translucent. (Do not let rice brown.)
- ☐ Add white wine, and cook 30 seconds or until most of it evaporates.
- ☐ Add 1 cup chicken broth, and stir constantly until mostly absorbed.

- ☐ Add additional broth in 1-cup increments, stirring after each addition until most of the broth is absorbed. Stop adding broth when rice appears to be saturated. (You may not need all 5 cups broth.) Cook, stirring frequently, 20 to 25 minutes or until rice is tender and creamy but not mushy.
- ☐ Stir in cooked squash and any collected juices, and add remaining 1 teaspoon thyme. Reduce heat to low, and cook 2 minutes or until squash is thoroughly warmed.
- ☐ Add a little more chicken broth if the risotto gets too dry.
- ☐ Remove from heat, and stir in 1/4 cup Parmesan. Season with additional sea salt and pepper, if desired.
- ☐ Sprinkle with remaining Parmesan, and serve warm.
- ☐ The spoon: A regular spoon will work, but a risotto spoon will get the tender results you're looking for. Rice passes through the spoon's hole instead of getting mashed.
- ☐ The rice: Once the rice turns glossy and translucent, it is fully coated with olive oil and butter and ready for the liquid.
- ☐ The broth: Keep it hot! For maximum absorption and creamy texture, make sure the chicken broth is still hot when it's added to the risotto.

Nutrition Facts



Properties

Glycemic Index:46.83, Glycemic Load:31.98, Inflammation Score:-10, Nutrition Score:20.822608730067%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg

Nutrients (% of daily need)

Calories: 409.71kcal (20.49%), Fat: 14.5g (22.31%), Saturated Fat: 5.05g (31.55%), Carbohydrates: 59.8g (19.93%), Net Carbohydrates: 55.65g (20.24%), Sugar: 2.59g (2.88%), Cholesterol: 17.28mg (5.76%), Sodium: 394.52mg (17.15%), Alcohol: 1.03g (100%), Alcohol %: 0.34% (100%), Protein: 10.4g (20.79%), Vitamin A: 7160.21IU (143.2%), Manganese: 0.85mg (42.65%), Folate: 148.19µg (37.05%), Vitamin B1: 0.46mg (30.44%), Vitamin C: 24.34mg (29.5%), Vitamin B3: 5.53mg (27.65%), Iron: 3.79mg (21.07%), Phosphorus: 203.9mg (20.39%), Potassium: 699.49mg (19.99%), Vitamin B6: 0.35mg (17.56%), Fiber: 4.15g (16.62%), Magnesium: 65.34mg (16.33%), Selenium: 11.4µg (16.29%), Copper: 0.3mg (14.92%), Calcium: 148.36mg (14.84%), Vitamin E: 2.06mg (13.75%), Vitamin B5: 1.24mg (12.44%), Zinc: 1.33mg (8.87%), Vitamin B2: 0.13mg (7.85%), Vitamin K: 5.61µg (5.34%), Vitamin B12: 0.28µg (4.63%)