



Steel-Cut Oat Risotto with Butternut Squash and Mushrooms

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



378 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1.5 teaspoons butter
- ☐ 2 cups butternut squash diced peeled ()
- ☐ 1 pound cremini mushrooms sliced
- ☐ 1 cup cooking wine dry white
- ☐ 28 ounce less-sodium chicken broth fat-free canned
- ☐ 0.5 teaspoon sage fresh chopped

- ☐ 2 teaspoons sage fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 1 tablespoon olive oil
- ☐ 0.8 cup onion diced
- ☐ 3 ounces parmigiano-reggiano cheese fresh divided grated
- ☐ 1 Dash pepper black freshly ground
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 2 cups steel-cut oats
- ☐ 1.5 cups water

Equipment

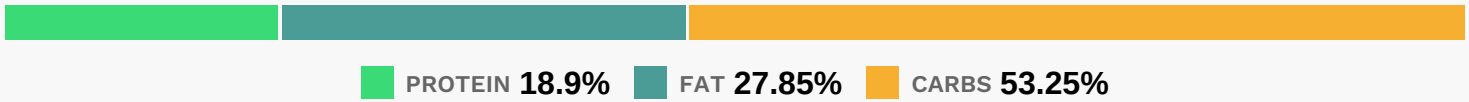
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat oven to 400
- ☐ To prepare squash, combine squash, olive oil, 1/2 teaspoon sage, 1/4 teaspoon salt, and dash of pepper in a jelly-roll pan; toss well to coat.
- ☐ Bake at 400 for 20 minutes or until tender and beginning to brown, stirring every 7 minutes. Set aside; keep warm.
- ☐ To prepare risotto, bring 1 1/2 cups water and broth to a simmer in a medium saucepan (do not boil). Keep warm.
- ☐ Heat a medium saut pan over medium-high heat. Coat pan with cooking spray.
- ☐ Add onion and garlic; saut 3 minutes or until golden.
- ☐ Add oats; cook 3 minutes or until oats become fragrant and begin to brown, stirring constantly.

- ☐ Add wine; cook 1 minute or until liquid is nearly absorbed, stirring constantly. Stir in 1 cup broth mixture; cook 4 minutes or until liquid is nearly absorbed, stirring constantly.
- ☐ Add remaining broth mixture, 1/2 cup at a time, stirring constantly until each portion of broth is absorbed before adding the next (about 25 minutes).
- ☐ Remove risotto from heat; stir in 1/2 cup cheese, 2 teaspoons sage, and 1/4 teaspoon pepper.
- ☐ Melt butter in a large nonstick skillet over medium-high heat.
- ☐ Add mushrooms and 1/2 teaspoon salt; saut 3 minutes or until tender and beginning to brown. Stir in squash; cook 1 minute or until thoroughly heated.
- ☐ Spoon about 2/3 cup risotto into each of 6 bowls; top each serving with 1/2 cup mushroom mixture, 2 teaspoons cheese, and coarsely ground pepper, if desired.

Nutrition Facts



Properties

Glycemic Index:45, Glycemic Load:17.52, Inflammation Score:-10, Nutrition Score:22.754782655965%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg

Nutrients (% of daily need)

Calories: 377.7kcal (18.88%), Fat: 11.16g (17.17%), Saturated Fat: 3.88g (24.24%), Carbohydrates: 47.99g (16%), Net Carbohydrates: 40.29g (14.65%), Sugar: 3.88g (4.31%), Cholesterol: 12.33mg (4.11%), Sodium: 1079.34mg (46.93%), Alcohol: 4.12g (100%), Alcohol %: 1.16% (100%), Protein: 17.04g (34.08%), Copper: 2.99mg (149.54%), Vitamin A: 5103.65IU (102.07%), Selenium: 26.29µg (37.56%), Fiber: 7.7g (30.8%), Vitamin B2: 0.47mg (27.57%), Calcium: 253.99mg (25.4%), Phosphorus: 234.34mg (23.43%), Vitamin B3: 4.28mg (21.42%), Manganese: 0.4mg (20.24%), Iron: 3.42mg (19.02%), Potassium: 622.55mg (17.79%), Vitamin B5: 1.6mg (15.95%), Vitamin C: 11.59mg (14.05%), Vitamin B6: 0.24mg (12.16%), Vitamin B1: 0.15mg (9.94%), Magnesium: 38.69mg (9.67%), Zinc: 1.44mg (9.57%), Folate: 38.1µg (9.52%), Vitamin B12: 0.51µg (8.54%), Vitamin E: 1.08mg (7.21%), Vitamin K: 2.67µg (2.54%)