Butternut Quinoa Risotto

Butternut squash are a winter squash considered ‘in season’ in the winter months. Make this dish to warm up your house on a cold winter’s night!

Prep time: 15 minutes • Cook time: 30 minutes

Ingredients:
- 2 cups butternut squash, peeled and cubed into ½ inch chunks
- 1 tablespoon olive oil
- 1 large clove of garlic, minced
- 1 large yellow onion, diced
- 1 teaspoon fresh sage, chopped (or ½ teaspoon dried)
- 1 cup uncooked quinoa
- 2 tablespoons white wine vinegar
- 4 cups low sodium vegetable broth
- 1 cup frozen green peas
- ¼ cup butternut squash seeds, toasted
- 1 tablespoon butter
- ¼ cup Parmesan cheese
- ½ - 1 teaspoon salt
- Pepper to taste

Directions:
1. Peel and cube butternut squash. Steam for about 10 minutes or until tender.
2. Heat a skillet over medium heat then add the olive oil, garlic, onion and sage. Sauté for about 5 minutes or until onions are tender.
3. Rinse and drain the quinoa. Add quinoa to the skillet and dry roast for about 4-5 minutes.
4. Add the white wine vinegar and 1 cup of vegetable broth. Stir and allow to simmer until all liquid is absorbed. Add 1 cup of broth at a time until all 4 cups of broth are used. Add frozen peas with last broth addition.
5. Stir in the butternut squash seeds, butter, cheese, and salt.
6. Season further with salt and pepper to taste.

Serving Size: 1 cup
Yield: 8 servings

Nutrition Information / Amount per serving:

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<thead>
<tr>
<th></th>
<th>Calories</th>
<th>Protein</th>
<th>Total fat</th>
<th>Total Carbohydrates</th>
<th>Dietary Fiber</th>
<th>Sodium</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>200</td>
<td>0.7 g</td>
<td>8.3 g</td>
<td>32.6 g</td>
<td>2.2 g</td>
<td>126.9 mg</td>
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<tr>
<td>Total fat</td>
<td>6.0 mg</td>
<td>Sodium</td>
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