

Featured Ingredient... Pumpkin



BAKED PUMPKIN RISOTTO

INGREDIENTS

- 1 tablespoon olive oil
- ½ cup finely chopped shallot
- 2 cloves of garlic grated or minced
- 1 ½ cups brown arborio rice (short grain brown rice)
- ½ cup dry white wine (optional*)
- 4 cups vegetable broth
- 1 cup pumpkin purée
- 1 ½ teaspoons fresh chopped sage
- 1 teaspoon finely chopped fresh rosemary
- ¼ teaspoon ground nutmeg
- ¼ teaspoon red pepper flakes
- Kosher salt and fresh ground black pepper to taste
- 4 ounces goat cheese

Optional toppings:

- Dried cranberries
- Pumpkin seeds
- Crushed walnuts
- More goat cheese crumbles

NUTRITIONAL FACTS

Servings: 4 (Entrée; 6 servings if a side)

Calories: 365

Protein: 11 grams

Carbohydrates: 63 grams

Fat: 7.2 grams

DIRECTIONS

1. Preheat oven to 375° F.
2. In a large glass measuring cup whisk together a cup of the vegetable broth with the pumpkin. Set aside.
3. Heat the olive oil in a large heavy bottomed oven safe pot (or dutch oven) over medium-high heat. When hot, add in the shallot and sauté for a minute. Add in the garlic and sauté another 30 seconds. Season with salt and pepper.
4. Pour in the wine and cook for one minute scraping any brown bits from the bottom of the pot. Pour in the pumpkin broth mixture along with the remaining 3 cups of vegetable broth. Add in the herbs, spices and season with salt and pepper. Stir together and cover with a lid. Bring to a boil.
5. Once boiling stir the rice, place the lid back on, then remove from the heat and place on the middle rack of the oven. Bake for 60-70 minutes or until the rice is tender and cooked through.
6. Remove the pot from the oven and stir in the goat cheese. Stir for 2 minutes until the rice is thick and creamy. If the risotto seems dry add more vegetable broth or water. Season with salt and a generous amount of pepper then taste for seasoning.
7. Serve the risotto topped with the options above.

CALORIE CONSIDERATIONS

- To INCREASE calories: add any of the optional toppings

TO MAKE THIS GLUTEN FREE

This recipe is already gluten-free.