



Butternut Squash and Sage Risotto

Earthy sage pairs beautifully with caramelized squash

1 medium butternut squash, peeled, seeded
3-1/2 Tablespoons olive oil, divided
Salt, Ground black pepper as desired
1/2 teaspoon ground cumin
2 small or 1 large yellow onion, peeled, sliced
3 to 4 cloves garlic, minced
2 cups arborio rice or farro
1/2 cup white wine
8 cups vegetable broth or stock
2 Tablespoons fresh sage, chopped
2 Tablespoons butter or vegan butter (optional)
Cheese or vegan cheese

Roast Squash: Heat oven to 375 degrees. Chop butternut squash into 1-inch pieces. Coat with 1 Tablespoon olive oil, 1 teaspoon salt, 1/4 teaspoon black pepper, and cumin. Roast in preheated oven for 40 minutes or until fork tender and slightly caramelized.

Caramelize the Onions: In medium skillet, heat 1-1/2 Tablespoons olive oil. Add onion slices, 1/2 teaspoon salt, and 1/2 teaspoon black pepper and cook over medium heat until caramelized, around 40 minutes. Stir frequently; season to taste. The final product should be the color of caramel.

Cook Farro: Coat bottom of a large stockpot with 1 Tablespoon olive oil; set over medium heat. Add minced garlic and cook for one minute. Add farro; sauté for one minute. Add wine; cook for another couple minutes or until liquid is absorbed.

Add Broth: Slowly add warm vegetable broth 1 cup at a time, stirring constantly. You can turn off the heat at this point if the risotto stays hot. Add salt and black pepper to taste.

Add Remaining Ingredients: When the stock is absorbed and the farro is al dente, stir in caramelized onions, sage, and salt and pepper to taste. Cook a few more minutes. Add butter or vegan butter if desired Toss in 4 cups of the butternut squash pieces; serve hot. For an ultra-rich flavor, puree onions before stirring them in. Add additional stock for a lighter texture. Serves: 6-8

Recipe by: Acadia Tucker; author of *Tiny Victory Gardens, Growing without a yard*. Acadia loves to serve this dish to friends in the fall. She suggested using any extra squash for salads, soups, or side dishes.

About the Recipe: Flavorful winter butternut squash pairs beautifully with earthy sage for this risotto. For an ultra-rich flavor, puree the onions before stirring them in. You can use farro instead of rice for a nutty, toasty spin.