

Squash Risotto

Makes 4 servings

2 T olive oil
½ acorn squash, peeled and cut into ½ cubes
salt and pepper
2 T butter
2 leeks, diced
2 T chopped sage
4 cups low sodium stock
1 cup risotto
salt to taste
¼ cup of diced fresh mozzarella
¼ cup of diced prosciutto

Preheat the oven to 350 degrees. Add squash to a baking sheet and drizzle with olive oil, salt and pepper. Toss to coat. Place in oven for 30 minutes, removing pan at 15 minutes to flip the squash. Check to make sure the squash doesn't get too squishy, you want it to hold its shape.

Heat the butter in a 3-quart sauce pan on medium heat. Once melted, add the leeks and sage – cook for 7 minutes until softened. While the leeks cook, bring the stock to a boil in a separate pan, and then turn off the heat.

Next, add the risotto to the pan. Stir frequently for 4 minutes, until the risotto is covered and softened, but not browned. Add 1 cup of stock and allow for risotto to soak up stock and become creamy. At that point, add about ¼ t of salt, then taste (this will depend on the saltiness of your stock), if necessary, add more. Once the liquid has been absorbed, add another ½ cup of stock – stirring frequently.

Continue to add ½ cup of stock at a time, not letting the risotto stick to the bottom of the pan or become too dry. Stirring frequently, for about 20-30 minutes. Check the doneness starting at 12 minutes, once done the risotto will be soft and creamy, but still have a bit of firmness in the center.

Once the risotto is cooked, add the remaining tablespoon of sage, the mozzarella, and the prosciutto. Stir to combine. Finally, add the squash, gently tossing careful not to squash the squash.