

Butternut Squash Barley Risotto

Ingredients:

1 tsp. olive oil	½ cup white wine
2 cups spinach	¼ tsp. nutmeg
salt & pepper	8 oz. vegetable stock
1 Tbsp. + 2 tsp. vegetable oil	1 Tbsp. butter
½ onion, diced	2 Tbsp. parmesan cheese
2 cloves garlic, minced	¼ cup mozzarella cheese
6 mushrooms, sliced	1 lb. butternut squash
1 lb cooked barley (Willamette pearl)	

Instructions:

Cut butternut squash in half and remove the seeds. Coat with olive oil, salt, pepper, and nutmeg. Place in a baking dish and bake at 375 degrees for 30 minutes or until soft. Remove from oven and let cool. Remove the skin from the flesh of the squash. Whip together the squash and 4 oz. of vegetable stock. Bring vegetable stock to a boil in a pot. Dice the onions, mince the garlic and slice the mushrooms. In a medium saucepan heat the vegetable oil over medium heat. Sauté the onions and garlic until onions are translucent. Add the mushrooms and sauté for another 5-7 minutes. Deglaze the pan with the white wine. In a pan add the onion mixture, barley, and spinach. Add the stock to the pan. Bake at 350 degrees for 30 minutes or until all the broth is absorbed stirring every 10-15 minutes. To finish risotto: Remove the pan from the oven. Mix in the squash puree. Add butter, parmesan, and mozzarella and let melt. Season to taste with salt and pepper. Place back in the oven to allow cheese to melt and squash to heat up.

Servings: 12 Serving Size: 1/2 cup

Calories: 160 Sodium: 211 mg Fat: 7 g Fiber: 3 g