

Pumpkin Risotto



Ingredients

3 tbsp olive oil
4 cups arborio rice
96 oz chicken stock, low sodium, heated
1 c leek, cleaned, chopped
1 tbsp garlic, minced
1 c white wine
4 c cooked pumpkin, cubed
2 tbsp butter
2 c grated parmesan
Salt and pepper
1 cup roasted pumpkin seeds

Directions

In a large pot, heat olive oil, add leeks and garlic, cook until soft. Stir in the rice and cook 2 minutes, stirring constantly. Add the wine and stir until absorbed. Add 2 cups warm stock, adding more, two cups at a time, as it is absorbed. When rice is tender and no longer absorbing stock, stir in 3 cups of pumpkin, 2 tsp of salt, 1 tsp pepper and the butter. Continue to stir as the pumpkin breaks down. Remove from heat and stir in 1 c of parmesan.

Serve, finish with remaining pumpkin, sprinkle with cheese and pumpkin seeds

Nutritional Information

Calories per serving 170

Total Fat 2.9g

Saturated Fat .9g

Cholesterol 4mg

Sodium 97 mg

Total Carbohydrates 8g

Dietary Fiber

Protein 31g

Servings 20