

## Butternut Squash Baked Risotto

The beauty of baked risotto as opposed to stovetop versions lies in its ease. What makes this one particularly appealing (and substantial) is the unusually high vegetable-to-rice ratio, thanks to liberal amounts of kale and butternut squash.

Serves 4

2 T olive oil

2 shallots, finely chopped

2 garlic cloves, minced

1 t fresh thyme leaves

1 ½ cups Arborio rice

Coarse salt and freshly ground pepper

½ cups dry white wine

1 butternut squash (2 pounds), peeled and cut into medium dice (4 cups)

4 cups vegetable stock, preferably homemade

1 bunch Lacinato (Tuscan) or curly kale, tough stems removed, cut crosswise into ½ inch thick strips

Grated Parmigiano-Reggiano, for serving

1 – Preheat oven to 400 F. In a medium Dutch oven or other heavy ovenproof pot, heat olive oil over medium-high. Add shallots and cook, stirring occasionally, until soft, about 3 minutes. Add garlic and thyme and cook, stirring, until fragrant, about 1 minute.

2 – Add rice and cook, stirring frequently, until edges are translucent, about 3 minutes; season with salt and pepper. Add wine and cook, stirring, until completely absorbed, about 2 minutes. Add squash and stock; bring mixture to a boil. Stir in kale.

3 – Cover with lid (or with parchment, then foil); transfer to oven, and bake until rice is tender and has absorbed most of the liquid, about 20 minutes. Serve hot, sprinkled with cheese.

**G** Per serving: 383 calories, 7.8 g fat (1.1 g saturated fat), 4.4 mg cholesterol, 73.7 g carbohydrates, 7.8 g protein, 6.8 g fiber