

— Risotto WITH BUTTERNUT SQUASH & MUSHROOMS

Cooking Instructions:

1. To prepare risotto: Heat oil in sauce pan and cook yellow onions. Sauté until tender (about 8 minutes). Add saffron and farro; stir to coat with oil. Add vegetable broth, cover and simmer on low heat for 25 - 30 minutes or until farro is tender. Cool and refrigerate until ready for use.

2. To prepare squash: Toss diced butternut squash with olive oil and bake in a 325° F oven until tender (about 15 minutes). Cool. Chill until ready for use.

**Steps 1 and 2 may be done in advance and refrigerated until service time.

3. In a large skillet or deep pan, heat oil and mushrooms. Sauté for about 1 minute. Add garlic and cook until toasted. Add peas, butternut squash, vegetable broth, and risotto. Stir and bring to a boil. Season with salt and garnish with parmesan cheese and paprika.

What You'll Need:

- 2 Tbs. olive oil
- 4 cups fresh shitake mushrooms, sliced
- 1Tbs. garlic clove, peeled, minced
- 3 cups peas, frozen
- 3 cups butternut squash
- 3 cups vegetable broth
- 3/4 tsp salt
- 2 Tbs. parmesan cheese, shredded
- 3/4 tsp. paprika
- parsley, fresh

Risotto:

- 1 Tbs. olive oil
- 1/3 cup onion, yellow diced
- 1/2 tsp saffron
- 3 cups vegetable broth (may use low sodium)

Squash:

- 1 1/2 tsp olive oil
- 2 lbs fresh butternut squash, 1" diced

Nutrition Facts:

Serving Size: 6

Calories: 370

Fiber: 8.4 g

Total Fat: 8 g

Cholesterol: 1.2 mg

Sodium: 429 mg



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