

Butternut Squash with Rice

Serves: 6

Ingredients

6 cups vegetable broth	2 cups brown rice
3 tbsp. olive oil	6-8 cups grated Parmesan cheese
2 tbsp. chopped garlic	Freshly ground black pepper
2 tbsp. fresh sage or 1 tsp. dried sage	Chopped fresh flat-leaf parsley or sage for garnish (optional)
2 ½ - 3 cups peeled, cubed butternut squash	
Salt to taste	

Pour broth into saucepan and bring to simmer, adjust heat to maintain a gentle simmer.

Warm olive oil in a deep sauté pan. Add garlic and sage and sauté for a few minutes. Add squash and sprinkle with salt, and stirring, cook for 1 minute. Add rice and stir until rice is thick, about 3 minutes.

Add a ladleful of simmering broth (about 1 cup) and stir until the broth is absorbed. Lower the heat. Continue to add broth, a ladleful at a time, until rice kernels are creamy on the outside, 20-25 minutes in all.

Stir in 4 tbsp. of Parmesan cheese. Adjust salt and pepper to taste. Serve immediately, sprinkled with the remaining grated cheese.

Per serving: 419 calories, 9 g total fat (2 g saturated fat), 4 mg cholesterol, 541 mg sodium, 10 g protein