Fit + Food + Fun (on a budget)

Risotto – Squash, Sun-Dried Tomato, and Mushrooms

Ingredients
1-2 T. Olive Oil
½ Large Onion
2-3 Cloves Garlic
1 Yellow Squash
4-6 oz. Sliced Mushrooms
2 oz. Sun-Dried Tomatoes*
1-2 Handfuls Spinach (~ 4 oz)
3-4 oz. Pecan Pieces
½ t. Pepper
½ t. Thyme
1 C. Uncooked Risotto Rice (Arborio)
4 C. (32 oz.) Low-Sodium Chicken Broth

Supplies
Large Pot
Stirring Spoon
Cutting Board
Knife

Directions
Chop squash, onion, and garlic. Sauté onion and garlic on medium heat in a large pot for a couple minutes until slightly tender. Add squash, mushrooms, sun-dried tomatoes, spinach, pecans, pepper and thyme. Cook a few minutes on medium heat to soften ingredients.

Add risotto rice and one cup broth; stir. Once liquid is mostly absorbed, add another ½ cup broth; stirring constantly so risotto doesn't stick to the bottom of the pot.** Add remaining broth ½ cup at a time. Add more water as needed until risotto is tender.

Notes:
*Get the dried sun-dried tomatoes in the package rather than the jar. These can be found in the produce area of most grocery stores. The ones in the jar soaked in oil contain many more preservatives.
**Add broth gradually so the risotto rice can absorb the liquid without "drowning". Stir continuously because it will burn the bottom of your risotto in no time if you leave it to do something else.

There are SO many ways to make risotto and it's very forgiving. Choose your favorite meats, veggies, and spices and it will probably be delicious. Here are some other items I have put in risotto (not all at once!):

- Spicy sausage
- Bacon
- Chicken
- Peas (add at end)
- Carrots
- Pumpkin
- Artichoke hearts
- Tomatoes (at end)
- Broccoli
- Peppers
- Cheese
- Dry White Wine
- Red Wine Vinegar
- Red Pepper Flakes
- Basil
- Oregano
- Parsley
- Bay Leaf

Servings: 5-6 servings
Prep and Cooking Time: 1 hour (chop and sauté vegetables 30 minutes; stir risotto 30 minutes)