

Pumpkin Risotto

Yield: 7 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-pumpkin-seed-recipe>

Ingredients:

- 58 ounces less sodium fat free chicken broth
- 2 tablespoons butter
- 2 tablespoons olive oil
- 1 cup sweet onion minced
- 2 cups arborio rice not rinsed
- 1 cup white wine preferably Pinot Grigio
- 15 ounces pumpkin not pie filling
- 1/4 cup Pecorino Romano cheese freshly grated
- 1/2 cup grated Parmesan cheese freshly
- 1 teaspoon fresh thyme
- 1/2 teaspoon nutmeg
- 1/4 teaspoon white pepper
- sea salt to taste
- pumpkin seeds for garnish, optional

Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 53 grams
3. Cholesterol: 25 milligrams
4. Fat: 14 grams
5. Fiber: 3 grams
6. Protein: 11 grams
7. SaturatedFat: 6 grams
8. Sodium: 350 milligrams
9. Sugar: 2 grams

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