

Orzo Risotto with Winter Squash

Yield: 5 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-winter-squash-recipe>

Ingredients:

- 4 tablespoons unsalted butter I've gotten away with a tablespoon or two less
- 1 1/2 cups orzo pasta uncooked whole wheat
- 28 ounces vegetable broth
- 3/4 cup grated Parmesan cheese feel free to use more or less cheese or a different type of cheese
- vegetables ! For the butternut squash risotto, I chopped up half a white onion, a shallot and a medium sized, roasted butternut squash.
- salt
- spices
- pepper

Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 44 grams
3. Cholesterol: 40 milligrams
4. Fat: 14 grams
5. Fiber: 4 grams
6. Protein: 13 grams
7. SaturatedFat: 8 grams
8. Sodium: 1030 milligrams
9. Sugar: 2 grams

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