

Fall Pumpkin Risotto



With the cool weather starting, cozy up with this nourishing warm dish to enhance your fall menu!

Ingredients

- 1 cup dry arborio rice
- 2 cups Bone Broth or Stock
- 1 cup pumpkin (canned or roasted, blended fresh pumpkin)
- ¼ cup fresh or dry sage
- 1/2 cup Parmesan Cheese
- ¼ white onion, chopped
- 1-2 cloves of garlic, minced
- 1 tbsp Olive Oil
- ¼ tsp nutmeg
- Salt and Pepper



Directions

- Rinse rice and add to a skillet with olive oil, onion, and garlic. Saute until fragrant.
- Add broth and pumpkin and bring mixture to a boil. Reduce heat and let simmer. Add more broth if rice remains hard.
- Add in sage, nutmeg, salt and pepper
- Once rice has absorbed the liquid, add in parmesan cheese and mix until combined.
- Serve and enjoy!

*To **balance your meal** you can add a protein (ex. grilled chicken, steak, shrimp, beans) and a vegetable (ex. a handful of spinach or kale, tomatoes, onion, bell peppers). By adding more balance to your rice, you will feel more full and satisfied after eating this nourishing meal!

Shannon Crowley, RD, LDN