

Butternut Squash - Vanilla Risotto

with **Butter Buds®**

Group: Vegetable

Number of Portions: 6

Size of Portions: 3/4 Cup



INGREDIENTS

MEASURE

Vegetable Broth	4 Cups
Vanilla Bean	1
Butternut Squash, 1" Chunks	12 oz.
Butter Buds , Dry	2 tsp.
Hot Tap Water	2 Tbsp.
Onion, Chopped	3/4 Cup
Arborio or Medium Grain White Rice	1 1/2 Cups
White Wine	1/2 Cup
Butter Buds , Dry	1 tsp.
Hot Tap Water	1 Tbsp.
Parmesan Cheese, Grated	1/2 Cup
Salt	1/2 tsp.
Chives, Fresh/Chopped	2 Tbsp.

PREPARATIONS

In a medium saucepan, warm broth over medium-high heat. Cut vanilla bean in half lengthwise. Scrape out the seeds. Add seeds and bean to broth. When broth comes to a simmer, reduce heat to low. Add the butternut squash and cook until tender, about 5 minutes.

In a large, heavy saucepan, mix together Butter Buds and hot tap water. Sauté onion 3-5 minutes until soft. Add rice and stir to coat with Butter Buds. Add wine and simmer until wine is almost evaporated, about 3-5 minutes.

Add 1/2 cup of simmering broth and stir until almost absorbed. Continue cooking the rice, stirring constantly, until rice is tender but firm, adding 1/2 cup broth at a time. This will take about 20 minutes.

Turn off heat and discard vanilla bean.

In a small cup, mix together the remaining teaspoon of Butter Buds with one tablespoon hot tap water.

Gently stir squash, parmesan, salt and Butter Buds sauce into the rice. Transfer to a serving dish and sprinkle with chives to serve.

Nutritional Information

Nutrients are based upon 1 Portion Size: 3/4 Cup

Calories	257 kcal	Cholesterol	7.33 mg	Protein	5.68 g	Calcium	118.15 mg) % (% Calories from Total Fat
Total Fat	2.05 g	Sodium	450.72 mg	Vitamin A	244.63 RE	Iron	2.60 mg	4.24 % Calories from Saturated Fat
Saturated Fat	1.21 g	Carbohydrate	47.24 g	Vitamin A	869.42 IU	Water ¹	*81.24 g	0.00%* Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	14.42 g	Vitamin C	9.03 mg	Ash ¹	*1.59* g	73.44 % Calories from Carbohydrates
								8.83 % Calories from Protein

Allergens

Contains milk

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

