

Week Three

FIRE UP FOR FALL FITNESS



Acorn Squash and Shiitake Mushroom Risotto

Ingredients:

1	Small acorn squash, about 1 pound	1 C	Freshly ground black pepper
			Sliced shiitake mushrooms
4 C	Low-sodium chicken broth	1 tsp	Minced garlic
2 tsp	Olive oil	1 tsp	Minced, fresh thyme
1/3 C	Diced onion	1 C	Arborio rice
	Salt to taste	1/3 C	Freshly grated Parmesan cheese

Directions:

1. Cut the squash in half and remove the seeds. Place it, cut surface up, in the microwave. Microwave on high until it is tender, about 15 minutes. Cool slightly, scoop out the flesh in tablespoon size pieces and reserve. Discard the skin.
2. Meanwhile, heat the chicken broth in a saucepan and keep hot over low heat.
3. Heat the olive oil over medium heat in a separate, medium-sized pot. Add the onion and cook until it turns translucent, about 5 minutes. Season lightly with salt and pepper. Add the mushrooms and cook until the mushrooms become tender, about 8 minutes. Add the garlic and thyme and cook 2 minutes more.
4. Add the rice to the onion mixture, stir and turn the heat to low. Add about 1 cup of the hot stock to the rice mixture, and stir slowly until the stock is absorbed.
5. Continue to add the stock 1 cup at a time, stirring slowly, letting the rice absorb the stock before adding more.
6. The risotto is cooked when it is creamy on the outside and slightly firm (al dente) in the center, about 20 to 25 minutes in all. Stir in half of the parmesan cheese. Gently stir in the squash chunks just to reheat without crushing. Remove from the heat. Season with salt and pepper to taste. If the risotto is too thick, add a little more stock until it becomes creamy.
7. Divide the risotto into serving dishes, sprinkle with the remaining cheese and serve immediately.

Yield: 4 servings

Each serving provides:

Calories: 280	Total fat: 7 g
Saturated Fat: 2 g	Cholesterol: 0 mg
Carbohydrate: 46 g	Protein: 11 g
Fiber: 4 g	Sodium: 176 mg