



IN *The Villages*[®]
America's Healthiest Hometown

Winter Squash and Kale Risotto with Pine Nuts

Prep/Cook Time: 30 minutes

Yields: 4 servings

Ingredients:

- 2 tsp olive oil
- 1 cup onion, diced
- 3 cloves garlic, minced
- 1 cup brown rice, short grain
- 2 Tbsp pine nuts
- 20 oz vegetable broth, low sodium
- 12 oz (1 ½ cups) fresh or frozen winter squash, thawed and diced
- 2 cups kale, finely chopped

Directions:

1. Heat oil in large, shallow saucepan over medium heat.
2. Add salt, onion, and garlic.
3. Sauté for 2 minutes.
4. Stir in rice and pine nuts and toast for approximately 2 minutes, stirring occasionally.
5. Add ½ cup broth.
6. Cook on medium heat, stirring often until liquid is nearly absorbed.
7. Add another ½ cup of broth, stirring occasionally.
8. Once liquid is absorbed, add diced squash and another ½ cup of broth, stirring often.
9. Add additional broth in ½ cup increments.
10. Add the kale with the last ½ cup of broth.
11. Cook mixture until broth is absorbed and kale is soft and bright green.
12. Serve immediately.

Nutritional Information:

Calories: 320

Total fat: 7 g

Saturated fat: 0.5 g

Cholesterol: 0 mg

Sodium: 105 mg

Total fiber: 5 g

Protein: 8 g

Carbohydrates: 61 g

Source: Centers for Disease Control and Prevention