

ACORN SQUASH WITH ROOT VEGETABLE RISOTTO

Acorn squash is a unique fall vegetable that can offer a bit of sweetness to savory dishes. It pairs nicely as the base for this flavorful Root Vegetable Risotto

Chef John Findley, Executive Chef, University Club of MSU

Featured Food: squash

Yield: Serves 4

Ingredients

1 acorn squash	4 oz heavy whipping cream
2 c root vegetables (parsnip, rutabaga, carrots, sweet potatoes, beets)	1 oz EV olive oil
2 c cooked Arborio rice	Salt and pepper
2 oz shredded parmesan cheese	

Preparation

Cut the squash into quarters and remove the seeds. Place in a deep baking pan with about a ½ inch of water. Cover with foil and bake for 25-30 minutes at 375 degrees until tender. Remove from the oven and set aside. Using a medium sauté pan over medium heat, and add the olive oil and the root vegetables. Cook for 3-5 minutes stirring often. Add the Arborio rice and cook for 2 minutes. Add the cheese, cream and salt and pepper. Simmer for a couple minutes and serve over each squash quarter.