

Risotto with Squash (total cooking time about 1 hour, 15 minutes)

2 cups low salt chicken stock or broth
1 tbl olive oil
½ cup thin sliced leek or onion
½ cup thin sliced celery, diced red pepper and/ or mushrooms
¾ cup uncooked arborio rice
1 tbl chopped fresh sage, oregano or other herbs
2 cups (1 lb.) cubed peeled squash or one thawed package frozen winter squash (12 oz.)
½ tsp salt
⅛ tsp white pepper
½ tsp lemon juice (optional)
2 cups cubed cooked chicken (optional)

1. Simmer stock and keep warm over low heat.
2. Heat olive oil in 3 or 4 quart sauce pan over medium heat. Add onion and veggies. Saute until translucent. Add herbs and rice. Saute 1 minute. Stir in ½ cup broth, squash, salt and cook until liquid is nearly absorbed. Stir constantly. Reduce heat to low, and add remaining broth, ½ cup at a time, stirring constantly, until each addition is absorbed (about 60 minutes) and rice is soft.
3. When all broth has been added, add white pepper and optional lemon juice and/ or chicken.

Serve with parmesan cheese and olives as a garnish.