

### Helpful Hints:

To save time, you can roast the squash ahead of time and freeze it. Just thaw it before using it in this recipe.

Coconut milk can be found in the international section of the grocery store, usually near the Thai foods.

To convert this to a vegetarian recipe replace the chicken broth with vegetable broth mixed with water (mixing with water provides a better taste). Also, use the coconut milk instead of parmesan cheese.

Curry powder is a blend of more than 20 different herbs and spices, including coriander, turmeric, cumin, and fenugreek. You can choose a desired level of heat or choose a more sweet or mild curry. Curry loses its pungency quickly. It will keep for two months in an airtight container.

Serve as main dish or as a side with grilled chicken or salmon.

### Nutritional Highlights:

High in vitamin A

High in beta-carotene

High in potassium

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## Roasted Butternut Squash Risotto

Serves: 8

### Ingredients:

2 cups butternut squash  
1 tablespoon olive oil  
2 tablespoons butter  
1 tablespoon low sodium chicken broth  
1 large onion, chopped  
3 garlic cloves, crushed

1 tablespoon ginger root, grated  
1 tablespoon curry powder  
4 cups low sodium chicken broth  
2 cups brown rice  
6 ounces coconut milk (lite)\* or  
parmesan cheese  
Salt and pepper to taste



\* See helpful hints

**Directions:**

Peel squash and cut into 3/4 inch pieces. Place it in a bowl and toss with one tablespoon olive oil and a dash of salt and pepper. Line a cookie sheet with parchment paper or foil and place the squash on to the cookie sheet. Roast at 450 degrees for 30 minutes until the squash is light brown (caramelized).

Heat butter and one tablespoon chicken broth in a large soup pot over medium heat. Sauté onion in the butter and chicken broth mixture over medium heat for five minutes or until translucent; stirring frequently. Add garlic, ginger and curry, and continue to sauté for another minute.

Next add the uncooked rice to this mixture. Add one cup of the chicken broth to the rice mix and keep stirring. When absorbed add a second cup of broth and stir. Add one more cup of broth (making a total of three cups), then add the squash. Stir in well. Finally, add the remaining one cup broth (totaling four cups).

Cook for 25 minutes, counting from the first broth addition. **Keep stirring until the rice is cooked**, al dente. Season to taste with salt and pepper. Before serving stir in the coconut milk or parmesan cheese.

**All Star Ingredients:**

**Butternut Squash:** High in beta-carotene, beta-cryptoxanthin, and vitamin A. Vitamin A and beta-carotene are a great immune system boosters. Beta-carotene also protects your eyes and skin. Beta-cryptoxanthin may lower the risk of lung cancer. Squash is a great addition to your weight management plan, it’s is both filling and low calorie.<sup>1</sup>

**Garlic:** Garlic lowers cholesterol and triglycerides, and may raise HDL (good cholesterol). It reduces blood pressure, plaque on artery walls, and blood clots. It decreases risk of stomach and colon cancer, and possibly other cancers. Garlic also helps fight the common cold, bacteria, fungi and parasites. Studies suggest it may help in weight control.<sup>1</sup>

**Ginger:** Ginger may soothe an upset stomach, relieve nausea, help with digestion, boost the immune system, and improve circulation. It has anti-inflammatory properties that may help arthritis and/or fibromyalgia. Ginger may also lower cholesterol and slow the development of atherosclerosis.<sup>1</sup>

**Onion:** Onions are a cancer-fighting food. They may protect against stomach, prostate, and esophageal cancers. Onions also help build strong bones and contain powerful anti-inflammatory and anti-allergic properties. These may help relieve asthma and hay fever symptoms.<sup>1</sup>

**Nutrition Information (per serving)**

(Serving Size 1 cup)

Calories (kcal):	300
Total Fat (g):	11
Saturated Fat (g):	6
Monounsaturated Fat (g):	4
Polyunsaturated Fat (g):	1
Cholesterol (mg):	7
Sodium (mg):	73
Total Carbohydrate (g):	44
Dietary Fiber (g):	3
Sugar (g):	2
Protein (g):	7

**Food Exchanges:**

- 3 Grain
- 0 Meat (Protein)
- 0 Vegetable
- 0 Fruit
- 0 Milk
- 2 Fat
- 0 Other Carbohydrates

Recipe created by Chef Paul Penney, Certified Personal Chef. For more information about Chef Paul Penney, go to [www.callchefpaul.com](http://www.callchefpaul.com) or email him at [chefpaul@callchefpaul.com](mailto:chefpaul@callchefpaul.com).



<sup>1</sup>Bowden, Jonny Ph.D., C.N.S. “The 150 Healthiest Foods on Earth.” Fair Winds Press. Copyright 2007.