

# Baked Rice with Butternut Squash

From – *Recipegirl.com*

3 cups chopped butternut squash  
2 cups fat-free, less sodium chicken broth  
1 cup water  
1 tsp dried rubbed sage  
1 tsp olive oil  
1 cup diced onion  
2 cloves garlic, minced  
1 cup uncooked Arborio rice (or other short-grain rice)  
¼ cup dry white wine  
¼ tsp dried thyme)  
½ tsp salt  
¼ tsp black pepper  
cooking spray  
¼ cup grated fresh Parmesan cheese (1 ounce)  
fresh thyme sprigs (optional)

- Preheat oven to 350°F.
- Place squash on baking sheet and bake for 15 minutes or until slightly tender; cool. Increase oven temperature to 400°.
- Bring broth, water and sage to a simmer in a medium saucepan (do not boil).
- Heat oil in a large nonstick skillet over medium-high heat. Add onion; sauté 6 minutes. Add garlic; sauté 2 minutes. Add rice; sauté 1 minute.
- Stir in squash, broth mixture, wine, chopped thyme, salt and pepper; cook 5 minutes, stirring occasionally.
- Place rice mixture in 13x9-inch baking dish coated with cooking spray. Bake for 30 minutes.
- Stir mixture gently.
- Sprinkle with cheese; bake an additional 5 minutes or until cheese melts.
- Garnish with thyme sprigs, if desired.



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