

Squash and Kale Risotto

From – *Moosewood Restaurant Low-Fat Favorites*

4 ½ to 5 cups vegetable stock*
1 cup minced onions
2 to 3 tsp olive oil
1 ½ cups arborio rice
½ cup dry white wine (optional)
2 cups peeled and cubed winter squash (¾ to 1” cubes)
3 cups stemmed and chopped kale, packed (about ½ lb before stemming)
1/8 to ¼ ts nutmeg
1 tsp freshly grated lemon peel
salt and ground black pepper to taste
¼ cup grated Pecorino or Parmesan cheese

- Bring the vegetable stock to a boil and then reduce it to a simmer.
- Meanwhile, in a heavy saucepan (preferably nonstick) saute` the onions in 2 tsp of the oil for about 5 minutes until softened but not browned.
- Add more oil, if necessary, to prevent sticking. Using a wooden spoon to avoid breaking the grains, add the rice and stir until it is well coated with oil.
- Add the wine, if using.
- When it is absorbed (it won't take long), ladle in 2 ½ cups of the simmering stock, ½ cup at a time, stirring frequently for 2 to 3 minutes between each addition, until the rice has absorbed the liquid.
- Add the squash and kale and stir.
- Continuing adding ½ cup of broth every few minutes for about 10 minutes, stirring often, until all of the stock has been added and the rice is tender but firm.
- Add the nutmeg, lemon peel and salt & pepper to taste.
- Remove the risotto from the heat.
- Stir in the cheese and serve immediately.

**Use homemade vegetable stock, canned vegetable broth or 2 vegetable bouillon cubes dissolved in 5 cups of water. If you use the wine in the recipe, you will only need about 4 ½ cups of stock or broth.*

Variations - In addition to or in place of kale, add any of the following: chopped Swiss chard, cabbage, radicchio or fresh fennel, chopped celery, roasted red peppers, sun-dried tomatoes, green peas, green beans or even seedless black grapes.



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