



Butternut Spinach Risotto

Ingredients:

Olive oil for sautéing

1lb. chicken Italian sausage, casings removed

4 c. butternut squash, peeled & cut into ½” cubes

1 med. onion, diced

2 cloves garlic, minced

4 c. cooked brown rice

½ tsp. rosemary

1 tsp. dried sage

½ tsp. salt

1 c. chicken or vegetable broth

5-6 oz. bag young spinach leaves

1 c. grated jack cheese (substitute cheddar or Swiss for a stronger cheese flavor)

Directions:

1. Heat skillet to medium low. Add about a tablespoon of oil and tip to coat the bottom of the skillet. Add the chicken and cook until it is no longer pink, breaking it apart as it cooks. Transfer the cooked meat to a bowl to reserve.
2. Add the squash, onion and garlic to the skillet and stir with a spatula, adding a little more oil if necessary. Cover the skillet and continue to cook for 7-9 minutes, stirring every few of minutes, until the squash is tender.
3. Uncover and add the rice, herbs, salt and broth, stirring to evenly mix. Bring to a simmer, and continue to cook until most of the liquid is absorbed.
4. Add the cheese and spinach and continue to stir until the consistency is creamy, spinach is wilted, and the cheese is melted.