

Calabaza Risotto

Calabaza is a squash from the West Indies with orange flesh that is moister and sweeter than pumpkin. It's chock-full of nutrition - rich in Vitamin A, C, and potassium, and all for just 35 calories per cup. This Calabaza Risotto delivers rich buttery flavor and a symphony of fresh herb delights, but for only about one-third the calories of regular risotto.

Prep Time	Active Time	Total Time
45 mins	25 mins	1 hr 10 mins

Course: Dinner, Entertaining, Main Dish Cuisine: Gourmet, Italian, Vegetarian Yield: 6 people

Materials

- 1 tablespoons fresh garlic chopped
- 0.13 cup shallots chopped
- 1 cups brown rice (dry, short grain)
- 0.5 tablespoon fresh thyme leaves picked and chopped
- 0.5 tablespoon fresh rosemary leaves picked and chopped
- 0.5 tablespoon fresh sage leaves picked and chopped
- 0.5 cup white wine
- 0.75 cups calabaza cooked (steamed) and pureed
- 1.5 cups water hot and simmering, divided use
- 0.25 cup milk (skim)
- 0.5 teaspoon Pritikin® All-Purpose Seasoning*
- 0.75 cups calabaza (raw) cut into 1/2-inch cubes

Instructions

1. In a large hot nonstick saucepan, sauté garlic, shallots, and brown rice until garlic is golden brown, about 3 minutes.
2. Add all herbs and wine. Cook over medium heat until wine is evaporated, stirring frequently.
3. Add calabaza puree and 2 cups hot water. Continue to cook over medium heat, stirring frequently. When liquid evaporates, add third cup of water and continue stirring.
4. When water is evaporated, add milk, Pritikin All Purpose Seasoning, and cubed calabaza. Cook 2 minutes more.
5. Rice should be a little loose. Serve immediately.