



Makes 7 cups
Preparation Time: 20 minutes
Cook Time: 40 minutes

INGREDIENTS:

½ of a medium butternut squash, peeled, seeded, and cut into ½-inch cubes (4½ cups)

2 red onions, coarsely chopped (2 cups)

½ cup balsamic vinegar

4 cups low-sodium vegetable broth

1 tablespoon extra-virgin olive oil (optional, [learn more](#))

½ cup finely chopped shallots

6 cloves garlic, minced

2 cups dry short grain brown rice or brown Arborio rice

¼ cup chopped fresh parsley

2 teaspoons chopped fresh sage

Sea salt and freshly ground black pepper, to taste

Butternut Squash Risotto

This creamy, comforting vegan risotto is a fall favorite. A quick balsamic reduction adds sweet-tart notes that complement the warm, robust flavors of fresh sage and [butternut squash](#).

Tips

Optional oil: This is a [Forks Flex Recipe](#), which means it includes a small amount of optional oil. If you include the oil, you'll add approximately 20 calories, 2 g total fat, and 0.3 g saturated fat per serving.

Balsamic reduction too thick? If balsamic reduction hardens or becomes too thick, add 2 tsp. of water and gently reheat and stir to loosen. If needed, stir in more water 1 tsp. at a time until a drizzling consistency is achieved.

We have plenty more [butternut squash recipes](#) for you to try!

By Nancy Macklin, RDN

- 1 Preheat oven to 400°F. Line two rimmed baking sheets with parchment paper or silicone baking mats. Place squash and onions on baking sheets. Roast 15 to 20 minutes or until squash is tender, brushing with water if vegetables start to look dry.
- 2 Meanwhile, make balsamic vinegar syrup: Pour balsamic vinegar into a small skillet. Cook over medium 8 to 10 minutes or until vinegar is reduced to about 3 tablespoons. and is syrupy. (It will thicken slightly as it cools.) Set aside.
- 3 In a large saucepan heat broth and 1 quart water until simmering.
- 4 For oil-free: In a 5-quart Dutch oven cook shallots and garlic over medium 2 to 3 minutes, stirring occasionally and adding water, 1 to 2 tablespoons. at a time, as needed to prevent sticking. *(If using oil: In a 5-quart Dutch oven heat olive oil, then add shallots and garlic, cook for 2 to 3 minutes, stirring occasionally.)* Add rice; cook 2 to 3 minutes or until rice is toasted in places, stirring occasionally. Add simmering liquid, ¾ cup at a time, to the rice mixture, cooking and stirring frequently until the liquid has been absorbed. Continue adding liquid in this way until all the simmering liquid has been absorbed. (This will take about 40 minutes total.) Stir in roasted vegetables, the parsley, and sage. Season with salt and pepper.
- 5 Drizzle risotto with Balsamic Vinegar Syrup. Top with additional chopped fresh parsley and sage.