





Butternut Squash

Butternut squash is best cooked, but it can be eaten raw if grated finely. There is evidence to support that the natives of Mexico were eating squash as early as 5500 B.C.

1 portion = $\frac{1}{4}$ large squash

Recipe developed
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Butternut Squash Risotto

How to prepare:

- 1 chopped onion
- 2 cloves crushed garlic
- 1 teaspoon olive oil
- 1 mug of rice
- 1 deseeded, chopped squash
- $\frac{1}{2}$ stock cube
- 1 mug hot water
- 4 large handfuls of spinach
- 4 tablespoons grated strong cheddar
- Black pepper

How to cook

- Fry the onion and garlic in the olive oil for 2 minutes or until soft.
- Add the rice and stir-fry for 1 minute.
- Add the squash, stock cube (crumbled) and hot water. Simmer for 15–20 minutes or until rice is cooked (you may need to add a little extra water if all the water absorbs before the rice is cooked).
- Stir in spinach and cheddar and season with black pepper.
- Heat gently until spinach wilts down and cheese melts.

Delicious served with warm crusty wholemeal bread!



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