

INGREDIENTS

- 3 ¼ cup Pumpkin, peeled and cubed
- 1 tbsp Olive Oil
- 4 cups Vegetable Broth
- ½ tsp Garlic, chopped
- 1 Onion, diced
- 1 cup Baby Spinach Leaves
- 6 oz Feta Cheese, cubed
- 2 cups Arborio Rice
- Salt and Pepper to taste

DIRECTIONS

1. Preheat oven to 400 F.
2. Spray baking pan with oil.
3. Chop pumpkin into small, bite sized pieces, brush with oil, sprinkle with salt and pepper. Bake for 20 minutes or until golden brown.
4. Finely chop onion and garlic. Place in pan on the stove with olive oil and cook until tender.
5. Stir in rice and cook for 1-2 minutes.
6. Slowly add vegetable broth ½ cup at a time, stirring frequently and allowing all the liquid to be absorbed before adding more broth. Continue cooking until the rice is tender.
7. When the pumpkin is almost done, place feta on the baking sheet and bake until cheese is hot and beginning to melt on the edges. Remove from heat.
8. Stir all ingredients together into pan with spinach.



Pumpkin & Spinach Risotto

Gluten Free | Vegetarian

Yield:
4 Servings

Prep Time:
10 Min

Cook Time:
30 Min