

MAKES 4 SERVINGS

# Butternut Squash

Risotto with Prosciutto

## INGREDIENTS

- 6 cups Butternut Squash
- 5 oz Prosciutto
- 1 tsp. Avocado Oil
- 1/2 Yellow Onion
- 4 tbsp Fresh Sage
- 1 Cup Chicken Broth
- 1/4 tsp Sea Salt

## DIRECTIONS

To prep, cube the squash, chop up the prosciutto into small pieces, and dice the onion, sage and garlic. Working in batches, place the cubed butternut squash in a food processor or blender and pulse until it resembles rice, but don't overprocess it. Set aside. In a large pot or dutch oven over medium heat, add the prosciutto and cook for 5 to 7 minutes or until cooked through and slightly crispy. Add the avocado oil and then cook the onion over medium heat for 5-7 minutes, lower the heat and add the sage and garlic, and cook for 1 minute more. Deglaze the pot with a splash of the chicken broth and stir to scrape up any browned bits from the pan. Add the riced butternut squash and stir. Add the chicken broth and sea salt, cook for 14-16 minutes, until cooked through. Plate and top with crispy prosciutto & Enjoy!

NUTRITION: 197 Calories | 6g Fat | 28g Carbs | 5g Fiber | 12g Protein

