

Recipe adapted from [“Cooking Adventures.”](#)



Lemon Ginger Risotto with Acorn Squash

2 acorn squash
2 T olive oil, divided
2 shallots, diced
Zest of 1 lemon
Juice of 1/2 lemon
1 T ginger, freshly grated
1 T fresh thyme, plus 1 t for garnish

1 t dried tarragon
1-1/2 cup Arborio rice
6-8 cups of vegetable stock
Salt & pepper
Juice of whole lemon
1/2 c toasted walnuts

Optional Ingredients:

2 links of Italian sausage
4 c sautéed spinach (sautéed with olive oil, salt and juice of 1/2 lemon)

Preheat oven to 350F. Slice the top off the acorn squash and remove the seeds and fibers. Slightly slice the bottom of the acorn squash so they sit flat in the baking dish. Brush inside and outside of the acorn squash with 1 T of olive oil. Season with salt and pepper and place in a baking dish, top side down. Bake for 30 minutes, or until tender. Then flip the squash right side up and bake an additional 20 minutes.

While the squash is baking, prepare the risotto. Heat the vegetable stock in a sauce pan to a simmer and keep warm. In a large sauce pan, heat the remaining tablespoon of olive oil over medium heat. Add the shallots, juice from 1/2 lemon, the lemon zest, grated ginger, thyme and tarragon. Saute for about 30 seconds, being careful not to burn the . a sauce pan, melt the butter and then add the white part of the scallions, lemon zest and ginger. Saute for about 30 seconds, making sure not to burn the ginger.

Next add the rice and mix well until coated. Then add 1-1/2 cups of the vegetable stock. Reduce the heat to low and stir constantly until the stock is absorbed into the rice. Continue adding warm stock 1/2 cup at a time, while stirring, until the stock is all absorbed and the rice is al dente, approximately 20-25 minutes. (Use more heated stock if necessary until rice is cooked thoroughly.)

Remove the acorn squash from the oven and scoop the cooked rice into the center of the squash. Squeeze juice from 1/2 lemon over each stuffed squash and sprinkle with toasted walnuts and fresh thyme. Season with salt and pepper and serve. The entire squash (skin and all) is edible.

Optional: For our leftovers we added sautéed spinach and cooked Italian sausage. Fantastic additions!

