

Acorn Squash & Herb Risotto

The world's easiest risotto. We've found a trick for making creamy, hands-free risotto right in your oven. We're cooking it up with seared acorn squash and just the right blend of spices for a delicious dinner perfect any night of the week.

45 Minutes to the Table

10 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Oven-Safe
Skillet & Lid

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

MEEZ CONTAINERS

Acorn Squash
Arborio Rice
White Wine Sauce
Herbs, Onion &
Garlic
Green Onions &
Parsley
Pepitas

Make The Meal Your Own

If you ordered the **Carb Conscious version**, we sent you cauliflower "rice" instead of the arborio rice, reducing the **carbs per serving to 40g**. After searing the acorn squash in step 2, return the empty skillet to the stove with 1 Tbsp olive oil over high heat and sauté the cauliflower until it starts to brown, about 2 to 3 minutes. Continue with step 3. **except don't add the water and reduce the total time in the oven to 15 minutes.**

Good To Know

Don't have an oven-safe skillet or lid? You can transfer the risotto to a large casserole dish. And foil or a baking sheet makes a great lid substitute.

Health snapshot per serving – 710 Calories, 13g Protein, 57g Carbs, 44g Fat, 26 Freestyle Points

Lightened-Up Health snapshot per serving – 495 Calories, 43g Carbs, 30g Fat, 17 Freestyle Points, reducing all the ingredients, except for the Acorn Squash by one-third.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Arborio Rice, Acorn Squash, Pepitas (pumpkin seeds), Green Onions, White Wine, Cream, Parmesan, Asiago, Capers, Parsley Garlic, Miso, Lemon, Basil, Black Pepper.

meez *meals*

1. Getting Organized

Preheat your oven to 400.

2. Sear the Acorn Squash

Heat 1 Tbsp olive oil in a large, oven safe skillet on medium high heat. When oil is hot, add the **Acorn Squash**, to the pan in a single layer. Sprinkle with salt and pepper and cook, undisturbed until the squash starts to brown, about 2 to 3 minutes. Flip and cook the other side until it begins to brown, an additional 2 to 3 minutes. Remove from the skillet and set aside. Do not wipe out skillet.

This step is to sear the squash. It will finish cooking in Step 3.

3. Prepare and Bake the Risotto

Return the now empty skillet to the stove with 1 Tbsp olive oil over medium-high heat. When the oil is hot, add the **Arborio Rice** and stir until the rice is coated with oil. Stir in the **White Wine & Cream Sauce** (the component containing the white liquid), 1 cup of water, and the **Herbs, Onion & Garlic**. Turn heat to high and bring to a boil.

Remove the skillet from the heat and arrange the seared Acorn Squash gently on top of the rice mixture. Cover with an oven safe lid and bake, undisturbed until the rice is tender, and the water has been absorbed, about 25 minutes. After 20 minutes, check the water level. If it's been absorbed but the rice isn't fully cooked, add a little more water and continue cooking until the rice is tender. If the rice is tender but there is still liquid, uncover until it is absorbed.

If you don't have a cover you can use a baking sheet.

When the rice is cooked, sprinkle the **Green Onions & Parsley** on top, cover, and cook the casserole for an additional 5 minutes. Remove from the oven and let cool for at least 5 minutes.

4. Put It All Together

Serve the risotto topped with the **Pepitas** and enjoy!

Instructions for two servings.

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