

BUTTERNUT SQUASH AND SWEET POTATO ORZO

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Servings: 6-8

- 2 tablespoons olive oil
 - ½ red onion -- chopped
 - 2 cloves garlic -- chopped
 - 1 butternut squash -- peeled, seeded and chopped in 1/2 inch cubes
 - 1 sweet potato -- peeled and chopped in 1/2 inch cubes
 - 4 cups chicken broth
 - 1 cup white wine
 - 2 cups orzo (uncooked)
 - ¼ cup grated Parmesan cheese
 - salt
 - freshly ground black pepper
 - 1 tablespoon fresh thyme leaves
- Heat large sauté pan. Add oil and sauté onions until translucent, approximately 5 minutes. Add garlic and sauté 1 minute.
 - Add cubed butternut squash and sweet potato. Stir; add 1 cup chicken broth, salt and pepper. Simmer on med-low heat for approximately 15-20 minutes, or until squash and sweet potato are almost tender and the broth has absorbed. Turn off heat, mash slightly but retaining lumps; set aside.
 - In a separate saucepan, bring the remaining 3 cups of chicken broth and 1 cup of white wine to a boil.
 - Add orzo, stir and cook for approximately 8 minutes.
 - If orzo has not absorbed all liquid, drain. Add orzo to squash-potato mixture. Add thyme and Parmesan Cheese. Stir, place in large bowl & serve.

Per Serving (excluding unknown items): 472 Calories; 8g Fat (15.0% calories from fat); 15g Protein; 83g Carbohydrate; 7g Dietary Fiber; 3mg Cholesterol; 592mg Sodium. Exchanges: 5 Grain (Starch); ½ lean Meat; ½ Vegetable; 1 Fat.

NOTE: For an excellent vegetarian main course or side dish substitute vegetable broth for the chicken broth.