

Delicata Orzo

6 SERVINGS

PREP TIME: 10 MINUTES COOK TIME: 20 MINUTES

INGREDIENTS

1 medium Delicata squash
1 Tablespoon extra virgin olive oil
1 Tablespoon butter
1 cup chopped white onion
3 cloves minced garlic
3 sprigs fresh thyme
Salt and Pepper to taste
12 ounces orzo
4 cups vegetable broth
½ cup grated parmesan cheese

INSTRUCTIONS

1. Thoroughly wash the squash. Trim the ends, cut the squash in half lengthwise, then using a spoon scrape out the seeds. Cut the halves lengthwise again into ¼-inch thick strips then thinly slice across the strips to cut the squash into small pieces. You should have about 3 cups of chopped squash.
2. Add the olive oil and butter to a large, wide-bottomed pot and place over medium-high heat.
3. Add the chopped onions and cook, stirring occasionally, until the onions are translucent, about 2 minutes.
4. Add the garlic and chopped squash. Continue to cook and stir until the onions are lightly golden brown, 3 to 4 minutes. Stir in the whole thyme sprigs and salt and pepper to taste.
5. Stir in the orzo and add the vegetable broth, making sure to stir the bottom so no pasta sticks. Bring the pot up to a boil then turn the heat down to simmer. Stir occasionally until most of the liquid has been absorbed and the pasta is tender about 10 to 12 minutes.
6. Turn off the heat, remove the thyme stems, and then stir in the parmesan cheese. Taste and season with additional salt and pepper as needed. Garnish the orzo with extra parmesan cheese, if desired.

Add a protein: Cook diced chicken breast in pot with a bit of olive oil. Remove from pan and cook delicata and orzo as directed. Add the chicken back to pot to rewarm before adding garnish.