

Winter Barley Risotto

Serves 2

- 1 Tablespoon olive oil, divided
- 2 shallots peeled and sliced thin
- 1 cup peeled and ½" cubed butternut squash
- 8 ounces sliced mushrooms
- ½ cup barley
- 1 Tablespoon chopped fresh thyme, parsley or sage
- ½ teaspoon salt
- 1/4 cup white wine or sherry
- 2 cups vegetable broth, divided
- 2 Tablespoons pecorino or parmesan cheese
- 1 Tablespoon chopped walnuts (optional)

Directions:

1. Heat ½ Tablespoon oil in a large sauce pan over medium low heat. Add shallots and squash. Saute until shallots are wilted (5 minutes).
2. Add mushrooms and sauté until tender (5 minutes). Add remaining oil, barley, herbs and salt. Stir to coat the grain well in the oil.
3. Turn the heat to medium. Add the wine.
4. Once the wine is absorbed, add half the broth. Once the broth is absorbed, stir in remaining broth. Cover, reduce heat and continue cooking 15 - 20 minutes. Grain should be tender with a little crunch.
5. Uncover and stir in cheese and nuts (optional). Continue cooking until all liquid is absorbed.

Recipe courtesy of Chef Christina Dimacali of Clean Your Plate, Philadelphia