

Recipes serves: 4 people



Ingredients-

- ♥ 2 tablespoons **olive oil**
- ♥ 2 cups cubed butternut squash
- ♥ 2 cups baby spinach leaves
- ♥ 1 cup tomatoes diced
- ♥ 3 garlic cloves minced
- ♥ 1 cup onion diced
- ♥ 4 cups low sodium vegetable broth
- ♥ 1 cup **Butternut Squash Risotto**
- ♥ 1 teaspoon **Crushed Habanero**
- ♥ 1 teaspoon ground cumin
- ♥ ½ teaspoon paprika

PREPARATION:

1. Heat 1 Tablespoon olive oil in a larger pot. Add onion and cook for 5 minutes or until tender.
2. Add cubed butternut squash, garlic, crushed habanero, cumin, and paprika, let cook and stir for 5 minutes.
3. Stir in tomatoes, vegetable broth, and butternut squash risotto. Cover and simmer for 40 minutes.
4. Once risotto is completely cooked and butternut squash is tender add spinach and cook for an additional 5 minutes.

Nutrition Facts			
Serving Size: 1 serving (477.3g)			
Servings: 4			
Amount Per Serving		Calories from Fat 80	
Calories	350		
		% Daily Value*	
Total Fat	9g		14%
Saturated Fat	2g		9%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	860mg		36%
Total Carbohydrate	62g		21%
Dietary Fiber	5g		19%
Sugars	9g		
Protein	8g		
Vitamin A 220%		•	Vitamin C 50%
Calcium 10%		•	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
		Calories	2,000
		2,500	
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g