SAGE BUTTERNUT SQUASH ORZO

Tags: Fall, Pitta, Vata, Winter

Prep Time: 15 Min
Cook Time: 35 Min
Serves: 2
Directions:

1. Melt ghee in a heavy large skillet over medium heat.
2. Add onion and sauté until tender, about 6 minutes.
3. Add ginger and sauté until fragrant, about 1 minute.
4. Add butternut squash, brussels sprouts, thyme, and sage. Stir to coat.
5. Add 1/2 cup vegetable broth and wine.

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6. Simmer until vegetables are almost tender and liquid is absorbed – about 10 minutes.
7. Meanwhile, bring 2 1/2 cups broth to boil in a heavy saucepan. Add orzo. Boil until tender but still firm to bite, about 8 minutes. Drain orzo if necessary.
8. Transfer orzo to a large bowl. Stir in vegetable mixture, then Parmesan, and season with salt and pepper.

Ingredients:
3 tablespoons ghee
1/2 cup chopped onion
1 Tbsp. of ginger, minced
1 small butternut squash, peeled, seeded, and cut into 1/2-inch pieces
2 cups brussels sprouts, cut in halves
2 1/2 cups of homemade vegetable broth
1/2 cup dry white wine
1 cup orzo (rice-shaped pasta)
1/2 cup freshly grated Parmesan cheese
2 Tbsp. chopped fresh sage
1 Tbsp. chopped fresh thyme

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