



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.



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