



PUMPKIN BUTTER & CHIVE SPROUTED RISOTTO

QUICK INFORMATION

TIME



1HR

SERVES



3

CALORIES



280

GLUTEN FREE



RECIPE

VEGETARIAN



RECIPE

INGREDIENTS

Risotto:

1 box of Lundberg Sprouted Butter and Chive Risotto

½ cup of canned pumpkin puree

1 tablespoon of butter

2 cups water

Garnishes:

Toasted pecan pieces

Toasted pumpkin seeds

Nutmeg

Grated Parmesan cheese

Fried sage

NUTRITIONAL FACTS

Serving Size: 1/3 box (267g)

AMOUNT PER SERVING

Calories 280 Calories from Fat 90

Total Fat 11g
Saturated Fat 4.5g
Trans Fat 0g

Cholesterol 15mg

Sodium 510mg

Total Carbohydrate 41g
Dietary Fiber 5g
Sugars 5g

Protein 7g

PREPARATION

In a 2.5qt saucepan combine all risotto ingredients, bring to a boil over high heat. Once boiling cover saucepan with lid and reduce heat to maintain a slow simmer cook for 32 minutes. Remove lid and continue to cook, stirring constantly for 5-7 minutes, until risotto thickens. Replace lid and remove risotto from heat, allow to steam covered for 10 minutes. Serve with desired garnishes. Enjoy!