

# *Autumn Quinoa Risotto with Pumpkin and Sage*

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Green Palette

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*Serves 2 main course or 4 appetizer*

## **Ingredients:**

4 cups vegetable stock or water  
2 tablespoons extra virgin olive oil  
½ cup finely chopped leeks (white part only)  
2 cups peeled and cubed pumpkin or butternut squash  
½ cup Arborio rice  
1/3 cup quinoa  
2 tablespoons mirin\*  
4 sage leaves, finely chopped  
Salt and pepper, to taste  
1 tablespoon finely chopped parsley, for garnish  
¼ cup toasted pumpkin seeds, for garnish (optional)

## **Directions:**

In a medium saucepan bring water or stock to a boil. Bring down to simmer to keep warm.

In a soup pot heat the oil over medium high heat. Add the leeks and sauté for 1 minute, or until wilted. Add the pumpkin and cook for 2 more minutes. Add the rice and quinoa and sauté, stirring constantly for 2 minutes, or until the grains are fragrant.

Add the mirin and sage and cook until the liquid has been absorbed. Ladle the water or stock, ½ cup at a time, stirring constantly until the liquid has been absorbed. Keep adding the liquid, ½ cup at a time, making sure it is absorbed before adding the next ½ cup. Continue stirring until the grains are tender and creamy, about 20 to 25 minutes.

Add the salt and pepper to taste. Serve in large shallow bowls and garnish with parsley and pumpkin seeds if desired.

*\*Mirin is a Chinese rice wine that is found in most large grocery stores or specialty food stores.*