

Lindsay Taylor, master's student

Department of Nutrition, Food and Exercise Science

Oh My Gourd! Butternut, Brown Rice with Brown Butter, Craisins, and Pecans

Ingredients

2 tablespoons butter

1 shallot, minced

1 ½ cups short-grain brown rice

3 cups vegetable stock

Kosher salt

Freshly ground pepper

1 tablespoon extra-virgin olive oil

2 cups diced butternut squash

½ cup of chopped pecans

Craisins

Step 1:

In a large sauce pan, melt 2 tablespoons butter and sauté shallot over medium heat until softened, for about 2 minutes. Add the rice and cook, occasionally stirring, for about three minutes. Add the stock, salt, and pepper and bring to a boil. Cover and simmer over low heat until the broth is absorbed and the rice is tender, for about 45 minutes. Remove from the heat and let stand covered, for 10 minutes. Fluff with a fork.

Step 2:

Preheat the oven to 400 degrees. Toss the squash with one tablespoon of olive oil and season with salt and pepper. Place on large baking sheet lined with parchment paper, and roast in the oven for 25 minutes, or until slightly browned and tender.

Step 3:

While the butternut squash is cooking, place butter in medium sauté pan and melt over medium high heat, coat pan with butter until it foams and begins to brown. Add chopped pecans and roast for 30 seconds to 1 minute. Add raisins, swirl them around pan for an additional 30 seconds to 1 minute. Remove from heat.

Step 4:

Toss raisins in with brown rice, butternut squash and serve.

Enjoy!