# Recipes

HEART
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## Pumpkin Risotto

Creamy and comforting, this risotto combines the earthy flavour of pumpkin with a touch of parmesan.

Ingredients:

- 1 cup pumpkin puree
- 1 1/2 cups Arborio rice
- 4 cups vegetable or chicken broth, warmed
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1/2 cup dry white wine (optional)
- 1/2 cup grated Parmesan cheese
- Salt and pepper, to taste
- Fresh sage or thyme for garnish

Instructions:

1. Sauté onion and garlic in a large pan with olive oil until soft.
2. Add rice and toast for a minute, then pour in white wine.
3. Gradually add warm broth, stirring until the rice absorbs the liquid. Continue until rice is creamy and tender.
4. Stir in pumpkin puree and Parmesan, seasoning with salt and pepper. Garnish with sage or thyme.