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**COOK FOR  
THE CURE**

**KitchenAid®**

## Squash & Apple Orzo with Grana & Roasted Walnuts

**Recipe by:** Chef Massimo Capra,  
Massimo's Italian Fallsview Restaurant

**Location:** Toronto, ON

**Servings:** 6 people main course size

**Preparation Time:** 45 minutes



This recipe comes from my early days of cooking, squash is staple in my region, and it is used in many dishes. I can remember my mother picking her favorite apples in the market and proudly smiling when the flavor matched the look of one. Squash and apples are an Autumnal delicacy, the importance of using seasonal ingredients is paramount. Take care in picking the right fruits and you will have a great result.

### INGREDIENTS

- 1 lb Orzo pasta
- ½ White Onion finely chopped
- 1 tbsp Olive Oil
- 1 tbsp Butter
- 5 cups Chicken Stock (or Vegetable Stock)
- 2 cups kale, finely chopped
- 1 ½ cup Butternut Squash diced ½ inch size
- 2 Granny Smith Apples, diced ¼ inch and kept in lemon water
- 1 cup Grated Grana Padano Cheese
- ½ cup toasted Walnut chopped

### INSTRUCTIONS

1. Using a heavy bottom pot, saute the onion and the squash in a little oil until golden and the squash is cooked and breaking up, add the Orzo and two ladles full of stock. Simmer gently, stirring on occasion to prevent sticking.
2. About halfway to the cooking add the kale and stir well, add more stock if needed.
3. It will take about ten minutes for this to cook. [KitchenAid® Cooktops](#), available in electric, gas, or induction, makes preparing this recipe a breeze.
4. When the orzo is cooked, turn the heat off and add some butter and the cheese.
5. Stir well and spoon on individual plates then top with the raw apples and a sprinkle of walnuts, serve immediately.

Nutrition Facts	
Per 1 serving (215 g)	
<b>Calories 260</b>	<b>% Daily Value*</b>
<b>Fat 8 g</b>	11 %
Saturated 2 g + Trans 0 g	10 %
<b>Carbohydrate 41 g</b>	
Fibre 6 g	21 %
Sugars 6 g	6 %
<b>Protein 8 g</b>	
<b>Cholesterol 5 mg</b>	
<b>Sodium 180 mg</b>	8 %
Potassium 400 mg	9 %
Calcium 50 mg	4 %
Iron 1 mg	6 %

\*5% or less is a little, 15% or more is a lot

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