Ingredients
- 2 tablespoons butter
- 1/2 onion, finely chopped
- 2 garlic cloves, finely chopped
- 1 cup Arborio rice
- 2 cups broth
- 1/2 cup white wine
- Butternut Squash
- Sage Leaves
- Parmesan

Directions
1. Begin by adding 1/2 tablespoon of butter to each ramekin and adding a spoonful of onions. Microwave for 1 1/2 minutes on high, stirring after 30 seconds to distribute the melted butter. (Note: Onions can spark in the microwave. Yes, we know it’s freaky and weird. Don’t worry, they’ll stop sparking once they’re covered with the melted butter, yum).
2. Next, add a pinch of garlic, 1/4 cup rice, and 1/4 + 2 tablespoons broth. Cover with loosely with plastic wrap and heat in the microwave at 50% power level for 2 minutes. Remove and stir.
3. Add additional broth if necessary. Repeat heating process. After heating for a total of 4 minutes, it’s time to add your wine. About 1-2 tablespoons per ramekin should do it. At this point you should also add your butternut squash.
4. Cover again with plastic wrap and heat for another 2 minutes at 50%. Continuing with the Butternut Squash + Sage recipe, add your chopped sage leaves. Heat on 50% power for another minute, then add your parmesan.