

Autumn Vegetable Orzo Bake

A hearty autumnal dinner, perfect for keeping you warm this Fall season!

Ingredients

- 1 medium butternut squash (about 2 lbs/1 kg)
- 2 carrots (about 8 oz/250 g), peeled
- 2 garlic cloves
- 2 cups (500mL) low-sodium beef stock
- 1 cup (250mL) uncooked orzo pasta
- 1 tbsp (15mL) [Garlic & Herb Rub](#)
- 2 precooked apple chicken sausage links
- 4 oz (125 g) smoked Gouda cheese



pampered|chef.

Instructions

1. Using a sharp [Chef's Knife](#), trim the ends off the squash, then cut it in half widthwise (between the top and bottom sections). Save the bulbous end for another recipe. Peel the narrow neck section and cut it in half lengthwise.
2. Use the [Multi-Grater & Slicer](#) fitted with the coarse grater disk to grate the squash and carrots. Place the grated vegetables into the [Deep Covered Baker](#).
3. Press the garlic into the baker with the [Garlic Press](#). Add the stock, orzo, and rub, and stir to combine. Microwave, covered, on HIGH for 10 minutes.
4. Cut the chicken sausage into thin slices, add it to the baker, and stir. Microwave, covered, on HIGH for 5 minutes.
5. Meanwhile, grate the cheese with the Multi-Grater & Slicer fitted with the coarse grater disk.
6. Remove the baker from the microwave. Stir in the cheese and let it stand for 5 minutes before serving.

Yields 6 servings

U.S. Nutrients per serving:

Calories 310, Total Fat 10 g, Saturated Fat 4.5 g, Cholesterol 55 mg, Sodium 720 mg, Carbohydrate 42 g, Fiber 4 g, Sugar 5 g, Protein 17 g

Cook's Tips:

We love the smokiness of the Gouda in this recipe—it adds an extra layer of depth and flavor that makes it one of our favorite fall recipes. If Gouda isn't your favorite, you can use another semi-firm cheese like cheddar, Colby Jack, or Monterey Jack.