

Winter Squash Pasta

Recipe by: Chef Jonathan Poyourow, RD, LD

Yield: 4 servings

Ingredients:

2 tablespoons olive oil
1 tablespoon finely chopped fresh sage
Sea salt, to taste
2 pounds butternut or kabocha squash, peeled, seeded, and cut into ½-inch pieces (about 3 cups)
1 medium yellow onion, chopped
2 garlic cloves, pressed or chopped
⅛ teaspoon red pepper flakes (up to ¼ teaspoon for spicier pasta sauce)
¼ teaspoon salt
¾ teaspoon freshly ground black pepper
Freshly ground black pepper
2 cups vegetable broth
12 ounces whole grain linguine or fettuccine

Method of Preparation:

1. Heat oil in a large skillet over medium heat. Once the oil is shimmering, add the sage and toss to coat. Let the sage get crispy before transferring it to a small bowl. Sprinkle it lightly with sea salt and set the bowl aside.
2. Add squash, onion, garlic and red pepper flakes to skillet. Season with salt and pepper. Cook, stirring occasionally, until onion is translucent, about 8 to 10 minutes. Add broth. Bring the mixture to a boil, then reduce heat and simmer until squash is soft and liquid is reduced by half, about 15 to 20 minutes.
3. In the meantime, bring a large pot of salted water to a boil and cook the pasta according to package directions, stirring occasionally, until al dente. Drain, reserving 1 cup cooking liquid.
4. Once the squash mixture reaches the texture you prefer, remove it from heat and let it cool slightly. Transfer the contents of the pan to a blender. Reserve the skillet. Purée the mixture until smooth (beware of hot steam escaping from the top of the blender), then season with salt and pepper to taste. Save a few tablespoons of the puree to decorate each serving.
5. Combine pasta, squash purée and ¼ cup cooking liquid in the reserved skillet and cook over medium heat, tossing and adding more pasta cooking liquid as needed, until sauce coats pasta, about 2 minutes. Season with salt and pepper if necessary.
6. Place pasta into individual bowls and top it with the some of the saved squash puree before serving.



Nutritional Analysis:

Calories: 446
Carbohydrates: 88g
Sodium: 10mg
Protein: 16g
Fat: 9g
Fiber: 12g