

## BUTTERNUT SQUASH LINGUINE

Servings: 4

*Spiced and creamy (yet cream-less) butternut squash sauce is tossed with whole grain linguine. To make this dish gluten free, substitute your gluten-free pasta of choice.*

### INGREDIENTS

2 Tbsp olive oil  
1 Tbsp finely chopped fresh sage  
2 lb butternut or kabocha squash, peeled, seeded and cut into small ½-inch pieces (about 3 cups)  
1 medium yellow onion, chopped  
2 garlic cloves, pressed or chopped  
1/4 tsp red pepper flakes (or less if you prefer less spice)  
salt and pepper to taste  
2 cups vegetable broth  
12 oz whole grain linguine or fettucine  
shaved parmesan (optional)

### DIRECTIONS

1. Heat oil in large skillet over medium heat.
2. Once oil is simmering, 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.
3. Add squash, onion, garlic and red pepper flakes to skillet. Season with salt and pepper. Cook, stirring occasionally, until onion is translucent, about 8-10 minutes.
4. Add the broth. Bring the mixture to a boil, then reduce heat and simmer until the squash is tender and the liquid has reduced by half, about 15 to 20 minutes.
5. 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 of the cooking liquid.
6. Once the squash mixture is done cooking, remove it from the heat and let it cool slightly. Transfer the contents of the pan to a blender but reserve the skillet. Puree the mixture until smooth. Season with salt and pepper.
7. Combine pasta, squash puree and ¼ cup cooking liquid in reserved skillet and cook over medium heat, tossing and adding more pasta cooking liquid as needed, until sauce coats the pasta, about 2 minutes. Season again with salt and pepper to desired taste.
8. Serve pasta topped with fried sage, more black pepper and shaved Parmesan, if desired.