
BUTTERNUT SQUASH PASTA

Egg-Free, Vegetarian

Yield: 4 servings **Total time:** 40 minutes

Ingredients

- 3 cups butternut squash, chopped
- 2 tbsp olive oil
- 12 ounces orecchiette pasta
- 2 garlic cloves, thinly sliced
- 1/4 red onion, chopped
- 1 lemon
- 1/2 cup feta or goat cheese
- 1/2 cup chopped walnuts or pecans
- 1/2 cup fresh mint, chopped
- 1/4 tsp paprika
- 1/4 tsp black pepper

Directions

1. Preheat oven to 425°F and line a baking sheet with parchment paper. Place the squash on the sheet and drizzle with 1 tbsp olive oil and season with pepper and paprika. Roast for 20-25 minutes or until the squash is tender and golden brown around the edges.
2. Cook the pasta according to the package directions, or until al dente. Drain and transfer to a large bowl.
3. Heat 1 tbsp olive oil in a skillet over low heat. Add garlic and red onion. Stir and cook for 2-3 minutes until cooked, but not burnt. Remove from heat and drizzle over cooked pasta. Add lemon juice and toss. Add roasted squash, cheese, nuts, mint, toss again and serve.



D'LISH

Grocery List

- Butternut squash
- Olive oil
- Pasta
- Garlic cloves
- Red onion
- Lemon
- Feta cheese
- Chopped nuts
- Fresh mint
- Paprika & Black pepper

Kitchen Equipment

- Baking sheet
- Measuring cups and spoons
- Pot
- Colander
- Large bowl
- Skillet
- Tongs

Per serving: Calories 366; Total Fat: 18g; Saturated Fat: 4g; Sodium: 256mg; Total Carbohydrates: 58g; Fiber: 6g; Protein: 10g

Ingredient/Prep tip

- May substitute pasta for gluten-free pasta if you have celiac disease or are gluten-intolerant
- May substitute feta cheese for dairy-free cheese or leave the cheese out if you are dairy-free or vegan
- May add additional ingredients like canned beans, chicken, shrimp, ground turkey or salmon

Nutrition Information

- Butternut squash is a type of winter squash and is part of the cucurbitaceae family. The taste is fairly mild, somewhat sweet, and a bit nutty. Its flavor may remind you of a cross between a sweet potato and a carrot or turnip.
- Butternut squash has thick, tough skin. To peel cut a thin slice off the bottom and top so the butternut squash will stand flat on a cutting board. Then use a knife or peeler to slice the skin off from the top to the bottom. Always cut away from your body. To cook try boiling, roasting or add it to soup.
- Squash is low in fat and calories and is a great source of fiber, vitamins (A, and C) and minerals (magnesium, potassium, and calcium).
- Health Benefits:
 - It's a great hydrator: One serving is roughly 87% water
 - It's good for your immunity and excellent for your eyes: It contains beta-carotene and alpha-carotene which your body converts to vitamin A, which is important for the immune system and can help protect your eyes.
 - It can help control blood sugar levels and blood pressure