

Butternut Squash Pasta Sauce

Prep Time: 30 mins

Cook Time: 1 hr

Total Time: 1 hr 30 mins

Servings: 4 to 6 servings

Ingredients

- 1 butternut squash weighing about 2 1/2 pounds
- 1 pound pasta
- 1 tablespoon extra virgin olive oil
- 1/3 cup chopped shallots
- 1/4 cup grated Parmesan cheese
- 1/3 cup sour cream
- 1/8 teaspoon ground nutmeg
- 1 tablespoon chopped parsley
- Salt and Pepper to taste
- Water as needed to thin the sauce, about 1 cup

Directions

Preheat the oven to 350°F.

Cut the butternut squash lengthwise in half and scoop out the guts and seeds and discard.

Pour 1/4 cup of water into a baking dish placing the squash halves cut side down.

Bake for 40 minutes or until a fork easily pierces the squash.

Allow to cool for 10 minutes.

Scoop out the squash flesh from the skins and put into a blender. Discarding the skins.

Sauté the shallots in the olive oil over medium heat in a small skillet until just beginning to brown, about 2 to 3 minutes.

Add the shallots to the blender. Add 1 cup water, the Parmesan, salt & pepper to taste, and 1/8 teaspoon nutmeg and blend until smooth. Taste and add more salt and pepper if needed. If the sauce is too thick, thin it with a little more water.

Return mixture to pot, adding the sour cream.

Heating on low until warm, do not let the sauce boil.

Cook your favorite pasta until al dente.

When the pasta is ready, drain and put it into a bowl. Mix with a little of the sauce and serve.

Add a dollop of additional sauce and some parsley right when you bring it to the table.

Serve with a side salad and hearty bread.