

G.F Penne with Roasted Butternut Squash

Yield: 6 servings

Ingredients:

1-pound butternut squash, peeled and cut into 1/4-inch cubes
1 Red Onion, medium diced
6 tablespoons extra-virgin olive oil
1 tablespoon plus 1 teaspoon salt, optional
1 pound penne pasta, (GF)
1 small onion, finely chopped
½ tsp. Cumin
½ tsp. Paprika
½ tsp. Cayenne
½ C Heavy whipping cream
4 tablespoons grated Parmigiano cheese
2 tablespoons chopped fresh parsley
1 teaspoon black pepper

Preparation:

1. Preheat the oven to 400°F.
2. Toss the squash cubes and red onion in a bowl with 1 tablespoon of the oil and season with kosher salt & freshly ground black pepper; mix well. Spread onto a baking pan in a single layer and roast for 10-20 minutes until soft. When the squash is almost done, bring a large pot of water to boil over high heat. Add 1 tablespoon of the salt (if using) and the penne and cook until al dente. Reserve ½ cup of the cooking water and drain the pasta.
3. Place half of the squash into a blender along with the reserved pasta water and puree until it is smooth. It should have the consistency of tomato sauce.
4. Put 2 tablespoons of the oil in a large pan over low heat. Add the onion and the remaining 1/2 teaspoon of salt (if using) and cook until the onion is softened. Add spices.
5. Add the squash puree and roasted squash cubes to the onion and sauté for 1 minute. Add cream.
6. Stir in the drained pasta and remove the pan from the heat.
7. Stir in the Parmigiano, parsley, and pepper, and drizzle with the remaining 3 tablespoons of oil. Season to taste.