

A recipe from



Pasta with Butternut Squash Sauce

Ingredients

1 butternut squash weighing about 2 1/2 pounds
1 pound Racconto Rigatoni
1 tablespoon of Racconto extra-virgin olive oil
1/3 cup of chopped shallots or onions
1/4 cup of packed, Racconto grated Parmesan cheese
1/3 cup sour cream or Greek yogurt
1/8 teaspoon of grated nutmeg
1 tablespoon of chopped parsley, for garnish
Salt and pepper to taste
Water as needed to thin the sauce, about 1 cup



Total Prep Time: 90 minutes

Preparation

Preheat the oven to 350° F. Cut the butternut squash lengthwise in half* and scoop out (save the seeds and follow one of the pumpkin seed recipes on our site). Pour 1/4 cup of water into an oven-proof baking dish and place the butternut 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. Discard the skins.

In a small skillet, sauté the onion in the olive oil over medium-high heat until just beginning to brown, about 3-4 minutes. Add the onions, 1 cup water, the grated parmesan, 2 teaspoons salt and nutmeg to the blender and puree. If you need a little more water, add it. Pour the sauce into a small pot set over low heat. Mix in the sour cream and warm it through. Do not allow sauce to boil.

Bring a large stock pot of water to bring to a hard boil. Add the pasta and cook according to package directions. When the pasta is ready, drain toss with sauce. Serve with extra grated Parmesan.

*Be careful when you cut the squash, winter squash are hard! The best way to do it safely is to slice a bit off of both ends so that you can stand the squash upright without it rolling. Then cut down the middle.