

## BUTTERNUT SQUASH PASTA SALAD

This butternut squash pasta salad is both sweet and savory. With flavors from parmesan cheese and sweet-tart cranberries, it will surely hit the spot on a chilly fall evening!

### Ingredients

- 3/4 of a 3 lb. **butternut squash**, peeled, seeded, and diced into ¾ inch cubes.
- 3 tablespoon **olive oil**, divided
- 3/4 teaspoons **dried sage**
- 3/4 lb. **whole wheat dried pasta**
- 1/3 bunch **fresh parsley**
- 1/4 cup **dried cranberries**
- 1/2 cup **shredded parmesan**
- Salt and pepper** to taste



### Instructions

1. Cut the ends off the squash to provide a flat, stable surface. Stand the squash on one end and use a vegetable peeler to remove the skin. Slice a few rounds off the small end to shorten the squash, and then cut down through the center of the thick end to expose the center. Use a spoon to scoop out the seeds and center pulp. Cut the remaining squash into small cubes.\*
2. Heat 2 Tbsp of olive oil in a large pot or skillet over medium heat. Once the oil is hot, add the cubed squash, sage, salt & pepper (a generous sprinkle). Sauté until the squash tender (about 10-15 min). They will look slightly translucent and will start to smash a little like a cooked potato. Taste a cube or two to make sure they are cooked through. Turn the heat off.
3. While the squash is cooking, cook the pasta. Bring a pot of water to a boil and add a generous sprinkle of salt to the pasta water for flavor. Cook the pasta according to the package directions (boil for 7-10 minutes or until al dente). Drain the pasta.
4. Once the squash is tender and the pasta is drained, add the pasta, cranberries, and chopped parsley to the pot with the squash. Stir to combine.
5. Drizzle the last 2 Tbsp of olive oil over everything and add salt and pepper to taste.
6. Lastly, stir in the shredded parmesan. Serve warm!

\*For more information on how to cut and prepare butternut squash click on this link for step by step instructions. <https://www.youtube.com/watch?v=ifmvEhQFZno>

### Nutrition Facts

6 servings per container	
<b>Serving size</b>	<b>1 cup</b>
Amount per serving	
<b>Calories</b>	<b>380</b>
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 125mg	5%
Total Carbohydrate 65g	24%
Dietary Fiber 9g	32%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 12g	
Vitamin D 0mcg	0%
Calcium 178mg	15%
Iron 3mg	15%
Potassium 807mg	15%

Recipe featured in the November 2020 issue of Beyond Hunger's Nutrition Newsletter & was adapted from Budget Bytes.

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.