

# BEYOND HUNGER

## BUTTERNUT SQUASH FALL 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**  
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>

Per Serving: Calories 380, Saturated Fat 2.5 g, Sodium 125 mg, Added Sugars 0 g

Recipe featured in the October 2021 issue of  
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**BEYOND THE KITCHEN**

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