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| [Ode to Butternut](http://relish.pgoamedia.com/wf/click?upn=c8RLY-2F-2BdGhv2zWfXGPAss067c2UkdSAvmfbgTDE9kclnMMXXRIxt1y4D1spmk2REw-2FgHpI7HMWWZx2bqDD0TOw5DxTCR6YyeJZjzqfugGyvpjm72k4ZK4lv0o2g0CAxknOn62pLoDVVpeI-2F9RG0Kh3iVIr6iht-2FwVvfXlOUJHixcLZjf484e4AFJUNFavFC4_P1VComAH5Qmrrgzvkjf1xUHbRdMEjIEpHQfr9YsMenfOotTzSI-2FuiVne8U6Roe2mFm7uMZZgg9Re-2Bu2TnkOHewYlgQwt-2FlVmhjgFIa3CQQRKEHv5fFgvqKYimnz3JKtFcKMm9Ir7UV3Bbmdy1Y1QMNGcfkTs9Vuc6zziK94iGx9OXboULPUZ1544xS6dBg2a3fqv6uhm5GFpGNbMdzeko1tEUi8PQTdhzSdMfR6TJ82-2FG-2ByeZ4DTRik1-2Bb4mLp2KBIH4I87cOWfxQcUUwuXOLUhzB3b3qttVG5jJtdEJ7qC7TdY51j-2F0sP-2FX-2BD-2FLHDraJEgKmRZDwRH0bv2zaTvaNeT64ft6mQnQJxH1gfmuf5rY9OeVHGmzNH1pOFmV-2FWISo3CynBGOoMcUYA0LPaNzOQ-3D-3D) |
| http://d3ro6tr64dm2ye.cloudfront.net/wp-content/uploads/2013/08/spacer.gif |
| It's jam-packed with nutrients and hearty enough to take a starring role in any vegetarian main. We just can't get enough butternut. |
| http://d3ro6tr64dm2ye.cloudfront.net/wp-content/uploads/2013/08/spacer.gif |

Butternut-Sage Pasta Al Forno

* **Yield:** 8 servings

**Ingredients**

**Butternut Squash:**

1. **1**large butternut squash, halved and seeded
2. **1/2**cup water

**Tomato Sauce:**

1. **1**tablespoon olive oil
2. **1**medium onion, chopped
3. **2** garlic cloves, minced
4. **1** (28-ounce) can chopped plum tomatoes with juice
5. **1/2**cup chopped fresh basil

**Cheese Filling:**

1. **3**cups low-fat ricotta cheese
2. **2** eggs, beaten
3. **1/4**cup minced sage leaves
4. **1**tablespoon minced lemon peel
5. **1/8**teaspoon nutmeg
6. **1**teaspoon salt
7. Freshly ground black pepper

**To Assemble Dish:**

1. **1/2**pound penne or rigatoni pasta, cooked al dente, cooked according to package directions
2. **1**cup shredded mozzarella cheese
3. **1/2**cup grated Parmigiano-Reggiano

**Instructions**

1. Preheat oven to 375F.
2. To make squash: Place butternut squash halves, cut side down, in a baking pan. Add 1/2 cup water and bake 35 to 40 minutes until tender. Cool and then scoop squash flesh from shell. Set aside.
3. To make sauce: Heat olive oil in a large nonreactive saucepan over medium heat. Add onions and garlic and sauté until soft. Add tomatoes, bring to a boil, reduce heat and simmer 15 minutes. Add the basil; set aside.
4. To make filling: Combine ricotta, eggs, sage, lemon peel, nutmeg, salt and pepper in a large bowl with a wooden spoon. Add cooked butternut squash and combine well. Filling can be chunky; it doesn’t have to be mixed until smooth.
5. To assemble: Ladle half the sauce onto bottom of a 9-by-13-inch baking dish. Place pasta in baking dish and spread evenly. Spoon squash filling over the pasta (it doesn’t have to be an even layer; it can look like little pillows, and you may leave small mounds with some pasta peeking out).
6. Ladle remaining sauce over squash and top with mozzarella and Parmigiano-Reggiano. Cover with aluminum foil and bake 45 to 50 minutes. Uncover and bake an additional 10 minutes until golden brown. Allow to rest 10 minutes before serving.

**Nutritional Info** *\*per serving*

* Calories 490
* Fat 14g
* Cholesterol 87mg
* Sodium 406mg
* Carbohydrate 56g
* Fiber 4g