

Roasted Squash Pasta with Brown Butter & Kale

10 ingredients · 40 minutes · 4 servings



Directions

1. Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper. Place the squash on the prepared baking sheet and drizzle with half of the oil and season with salt and pepper. Transfer to the oven and cook for 25 to 30 minutes, tossing halfway through, until roasted and cooked through.
2. Meanwhile, cook the spaghetti according to the package directions. Once done, drain and reserve some of the pasta water.
3. Melt the butter in a large pan over medium-low heat. Let it foam and lightly brown, about three to five minutes, stirring frequently. Remove the butter and set aside.
4. Add the remaining oil to the pan. Add the sage and cook until crispy, stirring often, about one to two minutes. Remove the sage with a slotted spoon and set aside. Add the kale to the pan and cook until wilted, about two minutes.
5. Add the pasta to the pan, along with the reserved water, brown butter, and squash. Cook for a few minutes until a sauce forms, stirring frequently. Remove from the heat and stir in the parmesan cheese.
6. Divide the pasta evenly between serving plates and top with the sage and pecans. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately two cups.

Additional Toppings

Chili flakes.

More Flavor

Add a squeeze of lemon juice.

Ingredients

3 cups Butternut Squash (peeled, seeds removed and cubed)

3 tbsps Extra Virgin Olive Oil (divided)

Sea Salt & Black Pepper (to taste)

9 ozs Whole Wheat Spaghetti

1 cup Water (reserved from cooking pasta)

3 tbsps Butter

1/3 cup Fresh Sage

4 cups Kale Leaves (finely shredded)

1/3 cup Parmigiano Reggiano (finely grated)

1/4 cup Pecans (toasted, finely chopped)