

# CREAMY BUTTERNUT SQUASH & SAGE PASTA

From the Kitchen of: Shanel DeWalt, Chef, Make Food Not Waste



**Preparation Time:** 20 minutes | **Cook Time:** 45 minutes | **Servings:** 4 bowls

**Common Allergens:** Wheat (Optional), Tree Nuts (Optional)

"This dish is a cozy, plant-based take on a creamy pasta, with the natural sweetness of the roasted butternut squash paired with the earthy aroma of sage and garlic. I love how the velvety sauce feels indulgent yet wholesome, transforming simple ingredients into something elegant and comforting. It's flavorful, satisfying, and a crowd-pleaser!" says Chef Shanel.

## INSTRUCTIONS:

### PREPARE THE SAUCE:

- Preheat the oven to 400°F.
- Toss the cubed butternut squash and unpeeled garlic cloves with 1 Tablespoon olive oil, a pinch of salt, and black pepper. Spread the squash and garlic onto a baking sheet in a single layer.
- Roast the squash and garlic for 25-30 minutes, until the squash is tender and slightly caramelized, and the garlic is soft.
- While the squash roasts, heat 1 Tablespoon of olive oil in a skillet over medium heat.
- Sauté the diced onion until it is translucent, about 5-7 minutes.
- Add the dried sage (or fresh sage leaves) and smoked paprika to the onion, cooking for another minute to bloom the flavors.
- Peel the roasted garlic. Transfer the roasted squash, peeled roasted garlic, sautéed onion mixture, miso paste, nutritional yeast, and 1 cup of plant-based milk to a blender.
- Blend the sauce until it is smooth, adding more plant-based milk as needed to reach your desired sauce consistency. Taste and adjust the seasoning with salt and black pepper.

### MAKE THE PASTA:

- Bring a large pot of salted water to a boil and cook the pasta according to the package instructions. Reserve about 1/2 cup of pasta water before draining the pasta.
- Return the drained pasta to the pot or a large skillet. Pour the butternut squash sauce over the pasta, tossing to coat it evenly. Add the reserved pasta water as needed to loosen the sauce and make it cling perfectly to the noodles. Serve the pasta hot, garnished with fresh parsley and optional toasted walnuts or pumpkin seeds for crunch.

## INGREDIENTS:

### FOR THE SAUCE:

- 1 medium butternut squash, peeled, seeded, and cubed
- 6 cloves garlic, with skins left on for roasting
- 1 small yellow onion, diced
- 2 Tablespoons olive oil, divided
- 1 Tablespoon white or yellow miso paste
- 2 Tablespoons nutritional yeast
- 1 teaspoon smoked paprika
- 1 teaspoon dried sage, or 4-5 fresh sage leaves
- 1-2 cups unsweetened plant-based milk, like oat or almond
- Salt and pepper, to taste

### FOR THE PASTA:

- 12 ounces pasta of choice, such as fettuccine, penne, or spaghetti
- Fresh parsley (for garnish)

### OPTIONAL:

- Toasted walnuts or pumpkin seeds