



# Butternut Squash Pasta Bake

## Ingredients

- 2 1/2 cups butternut squash
- 4 ounces dried whole wheat shell pasta
- 3 Tablespoons shallot, diced
- 1 Tablespoon sage, minced
- 1 garlic clove
- 1/8 teaspoons salt
- 1/4 teaspoon pepper
- 1/2 cup low-sodium vegetable broth
- 3/4 cup low-fat ricotta
- 2 ounces low-fat mozzarella, grated

## Nutrition Facts

Serving size: 1/2 recipe  
Servings per container: 2

Calories.....	505
Fat.....	14g
Saturated fat.....	8g
Cholesterol.....	44mg
Sodium.....	483mg
Carbohydrate.....	72g
Fiber.....	9g
Protein.....	29g
Calcium.....	592mg
Iron.....	4mg
Vitamin C.....	39mg

Recipe provided by:  
MyPlate Kitchen, United  
States Department of  
Agriculture, [myplate.gov](http://myplate.gov)

**Directions** Wash hands and all food preparation surfaces.

1. Preheat oven to 425°F. Cut butternut squash in half and scoop out the seeds. Place the cut sides down in a large baking dish and fill with 1/4 inch water. Bake butternut squash until tender (about 45 minutes). Remove from oven and let cool slightly.
2. While the squash bakes, bring a pot of water to a boil. Add pasta and cook until just tender. Drain and set aside. Reduce oven to 375°F.
3. From the butternut squash, measure out 2 cups of the squash. Place in a food processor along with the shallot, sage, garlic, salt and pepper. Pulse until squash is smooth. Add in low-sodium vegetable broth and pulse until well-combined.
4. In a small baking dish, place a third of the squash purée in the bottom. Add half the noodles, followed by the low-fat ricotta. Top the ricotta with the next third of the sauce, then remaining noodles. Finish with remaining sauce and low-fat shredded mozzarella.
5. Bake pasta for 25 minutes at 375°F. Cheese should be browned. Remove and serve warm.
6. Store leftovers in the refrigerator within 2 hours

## Notes

- This dish works will with any type of squash purée– pumpkin or sweet potatoes
- Any small shape of pasta would work-use what you have on hand!

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