

## Butternut Alfredo Pasta

This dish may look like mac and cheese, but it's so much healthier. Its golden color comes from beta-carotene-rich, oven roasted butternut squash. You'll still taste that wonderful cream and parmesan combo, and you may not miss the butter at all. Pour a hard or sparkling cider to celebrate autumn.



### Ingredient list for 4 servings

2 cups (1-inch) cubed butternut squash  
2 cloves garlic – minced  
1 tablespoon olive oil  
1 teaspoon kosher salt – divided  
¼ teaspoon freshly ground black pepper  
¾ cup heavy cream  
½ cup grated Parmesan cheese, plus more for serving  
Pinch ground nutmeg  
1 pound dry pasta  
2 tablespoons finely chopped fresh dill



- Arrange a rack in the middle of the oven and heat to 425°F.
- Toss the cubed squash with the garlic and olive oil in a large bowl and season with ½ teaspoon of the salt and pepper. Transfer the mixture to a rimmed baking sheet and spread into a single layer. Roast until tender and caramelized, about 30 minutes, stirring once halfway through.
- Remove the squash from the oven and let cool for 10 minutes.
- Meanwhile, bring a large pot of salted water to a boil. Add the pasta and cook until al dente, about 10 minutes or according to package instructions. Reserve ½ cup of the pasta water, then drain the pasta. Set aside while you blend the sauce.
- Transfer the squash and garlic to a blender or food processor. Add the remaining salt, cream, cheese and nutmeg, and process continuously until smooth, about 1 minute. OR you can use an immersion blender to combine the ingredients in a large bowl.
- If the sauce is too thick for your taste, add some of the reserved pasta water, tablespoon by tablespoon, until it reaches the desired consistency.
- Combine pasta and sauce, stir to coat. Divide up among serving bowls and sprinkle with dill. Offer additional Parmesan on the side.

Note: If you're serving two, use all the ingredients to make all the sauce and serve over ½ pound of pasta. Freeze the other half of the sauce in an airtight plastic bag. Thaw completely in the refrigerator and use within 3 months.