

# Pasta with Winter Squash and Tomatoes

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**GREATER CHICAGO**  
- FOOD -  
DEPOSITORY.

**Serves:** 4

**Prep:** 5 minutes | **Cook:** 15 minutes

## INGREDIENTS

- 5 cups butternut squash, diced
- 2 cups tomatoes, diced
- 1/4 cup onion, diced
- 3 cloves of garlic, minced
- 8 ounces pasta, whole wheat if possible
- 3 tablespoons cooking oil
- Red pepper flakes, to taste
- Salt and pepper, to taste
- Fresh parsley (optional)
- Grated parmesan cheese (optional)

## DIRECTIONS

1. Bring a large pot of water to a boil.
2. While water is heating, add oil to a medium skillet over medium heat.
3. Add onion, garlic, and red pepper flakes. Cook for 1 minute. Add tomatoes, squash, salt and pepper. Cook until tender, about 15 minutes.
4. When squash is done cooking, cook pasta until tender according to package instructions.
5. Drain pasta and combine with squash and tomato sauce. Serve hot with parsley or parmesan cheese if desired.

Notes:

- You can substitute 1 (14.5) ounce can of diced tomatoes for the fresh tomatoes if desired.



## Nutritional Information

*Serving size: 1/4 of recipe without parmesan or parsley*

<b>Calories</b>	<b>396</b>
<b>Total fat</b>	<b>12 g</b>
Saturated fat	1 g
<b>Cholesterol</b>	<b>0 mg</b>
<b>Sodium</b>	<b>157 mg</b>
<b>Carbohydrates</b>	<b>67 g</b>
Fiber	11 g
Sugars	9 g
<b>Protein</b>	<b>10 g</b>

Recipe source: Mark Bittman