

Squash and Tomato

Pasta

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**GREATER
CHICAGO**
- FOOD -
DEPOSITORY.

Serves: 4

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

INGREDIENTS

- 5 cups acorn squash, peeled and diced
- 2 cups tomatoes, diced*
- 1/4 cup onion, diced
- 3 cloves of garlic, minced*
- 8 ounces whole wheat pasta*
- 3 tablespoons cooking oil
- Crushed red pepper flakes, to taste
- Salt and pepper, to taste
- Fresh parsley, minced (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.
6. Serve hot with parsley or parmesan cheese if desired.

*Substitutions

2 cups chopped → 16 ounces canned diced

3 cloves minced → 1 1/2 teaspoons garlic

8 ounces whole wheat pasta → 1 1/3 cups brown rice or quinoa, cooked



Nutritional Information

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

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

Recipe source: Mark Bittman