



HEALTH SCORE

89%

Fresh Vegetable Penne



Vegetarian



Very Healthy

READY IN



50 min.

SERVINGS



6

CALORIES



421 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup baby peas sweet frozen
- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 2 pound butternut squash peeled cut into 1 1/2-inch cubes
- ☐ 1.5 cups chicken broth
- ☐ 0.5 cup half-and-half fat-free
- ☐ 1 tablespoon sage leaves fresh chopped
- ☐ 0.5 teaspoon garlic fresh minced
- ☐ 0.3 cup three-cheese blend shredded italian

- ☐ 1 cup leek chopped (1 medium)
- ☐ 1 tablespoon olive oil divided
- ☐ 16 ounces penne pasta uncooked
- ☐ 0.1 teaspoon pepper dried red crushed
- ☐ 6 servings garnish: sage leaves fresh
- ☐ 0.8 teaspoon salt divided

Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

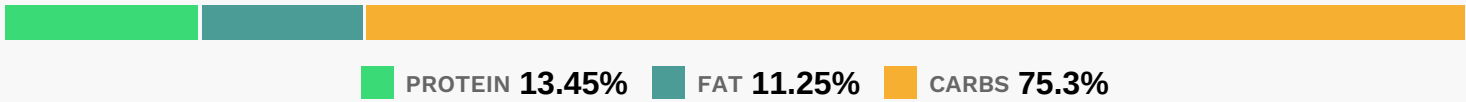
Directions

- ☐ Place squash cubes on a large aluminum foil-lined jelly-roll pan coated with cooking spray.
- ☐ Drizzle squash with 1 teaspoon oil, and sprinkle with 1/4 teaspoon salt and 1/4 teaspoon black pepper. Toss to coat.
- ☐ Bake at 425 for 25 to 30 minutes or until squash is tender and golden, stirring occasionally.
- ☐ Heat remaining 2 teaspoons oil in a large nonstick skillet over medium-high heat; add leek, and saut 5 minutes or until tender and lightly browned.
- ☐ Add garlic, and saut 1 minute.
- ☐ Remove from heat, and set aside.
- ☐ Process butternut squash, vegetable broth, and half-and-half in a food processor until smooth.
- ☐ Cook pasta according to package directions, omitting salt and oil.
- ☐ Add peas to boiling water during last 2 minutes of cooking time; drain. Return pasta and peas to pan. Stir in leek mixture, remaining 1/2 teaspoon salt, remaining 1/4 teaspoon black pepper, 1 tablespoon chopped sage, and crushed red pepper.
- ☐ Add processed squash mixture, tossing to coat.
- ☐ Sprinkle with Italian three-cheese blend.

☐

Garnish, if desired, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:30.06, Glycemic Load:23.79, Inflammation Score:-10, Nutrition Score:28.376521665117%

Flavonoids

Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 420.5kcal (21.03%), Fat: 5.35g (8.23%), Saturated Fat: 0.97g (6.06%), Carbohydrates: 80.55g (26.85%), Net Carbohydrates: 74.01g (26.91%), Sugar: 7.85g (8.72%), Cholesterol: 3.09mg (1.03%), Sodium: 552.19mg (24.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.38g (28.77%), Vitamin A: 16434.92IU (328.7%), Copper: 3.54mg (176.81%), Selenium: 49.76µg (71.08%), Manganese: 1.28mg (63.87%), Vitamin C: 38.58mg (46.76%), Magnesium: 105.54mg (26.38%), Fiber: 6.54g (26.14%), Phosphorus: 244.22mg (24.42%), Potassium: 816.62mg (23.33%), Vitamin B6: 0.41mg (20.59%), Vitamin B1: 0.29mg (19.17%), Vitamin E: 2.8mg (18.65%), Folate: 72.61µg (18.15%), Vitamin B3: 3.57mg (17.86%), Iron: 2.73mg (15.17%), Calcium: 139.14mg (13.91%), Vitamin K: 13.47µg (12.83%), Zinc: 1.69mg (11.25%), Vitamin B5: 1.06mg (10.64%), Vitamin B2: 0.18mg (10.56%), Vitamin B12: 0.11µg (1.9%)