



Pasta with Roasted Squash, Sausage and Pecans

READY IN



50 min.

SERVINGS



30

CALORIES



173 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup aged asiago cheese freshly grated plus more for serving
- ☐ 2.5 pounds butternut squash peeled seeded cut into 1-inch dice
- ☐ 1 pound fusilli
- ☐ 1 pound sausage sweet italian
- ☐ 30 servings nutmeg freshly grated
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 0.5 cup pecans coarsely chopped
- ☐ 1 tablespoon sage whole chopped

- ☐ 30 servings salt and pepper freshly ground
- ☐ 3 tablespoons butter unsalted

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ pot

Directions

- ☐ Preheat the oven to 40
- ☐ On a large rimmed baking sheet, drizzle the squash with 2 tablespoons of oil and toss. Arrange in an even layer and season with salt, pepper and nutmeg.
- ☐ Bake for about 30 minutes, until just tender.
- ☐ Add the chopped sage and toss.
- ☐ Meanwhile, put the pecans in a pie plate and bake for about 4 minutes, until toasted.
- ☐ In a large skillet, melt the butter.
- ☐ Add the whole sage leaves and cook over moderate heat, turning once, until crisp, 2 minutes.
- ☐ Transfer the leaves to a plate and pour the butter into a bowl.
- ☐ Add the remaining 1 tablespoon of oil and the sausage to the skillet and cook over moderately high heat, breaking up the sausage, until no pink remains, 7 minutes.
- ☐ In a large pot of boiling salted water, cook the pasta until al dente.
- ☐ Drain, reserving 1 cup of the cooking water. Return the pasta to the pot.
- ☐ Add the sausage and melted butter and gradually stir in the cooking water over moderate heat. Gently fold in the squash, pecans and the 1/4 cup of cheese. Season with salt and pepper and transfer to a bowl. Scatter the sage on top and serve with more cheese.

Nutrition Facts



 **PROTEIN 11.58%**  **FAT 49.55%**  **CARBS 38.87%**

Properties

Glycemic Index:5.9, Glycemic Load:4.98, Inflammation Score:-10, Nutrition Score:10.907826052412%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg

Nutrients (% of daily need)

Calories: 173.29kcal (8.66%), Fat: 9.68g (14.89%), Saturated Fat: 3.43g (21.43%), Carbohydrates: 17.08g (5.69%), Net Carbohydrates: 15.26g (5.55%), Sugar: 1.88g (2.09%), Cholesterol: 15.07mg (5.02%), Sodium: 320.6mg (13.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.09g (10.18%), Vitamin A: 4062.53IU (81.25%), Copper: 0.73mg (36.51%), Selenium: 13.79µg (19.7%), Manganese: 0.38mg (18.83%), Vitamin B1: 0.16mg (10.41%), Vitamin C: 8.32mg (10.08%), Phosphorus: 77.54mg (7.75%), Magnesium: 29.38mg (7.34%), Fiber: 1.83g (7.31%), Vitamin B6: 0.13mg (6.63%), Potassium: 220.8mg (6.31%), Vitamin B3: 1.25mg (6.25%), Vitamin E: 0.82mg (5.47%), Zinc: 0.69mg (4.58%), Iron: 0.78mg (4.34%), Calcium: 40.52mg (4.05%), Folate: 16.12µg (4.03%), Vitamin B5: 0.31mg (3.13%), Vitamin B2: 0.05mg (2.87%), Vitamin B12: 0.15µg (2.5%), Vitamin K: 1.44µg (1.37%)