



## Penne with Roasted Butternut Squash and Ham

READY IN



45 min.

SERVINGS



4

CALORIES



828 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 2 pounds butternut squash peeled halved lengthwise seeded cut into 1/2-inch dice
- ☐ 1.3 teaspoons sage dried
- ☐ 0.1 teaspoon fresh-ground pepper black
- ☐ 0.5 cup half-and-half
- ☐ 0.3 pound ham smoked black such as forest, cut into thin strips sliced
- ☐ 1 cup mascarpone cheese
- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup parmesan grated

- ☐ 0.8 pound penne pasta
- ☐ 1 teaspoon salt
- ☐ 3 scallions including tops green chopped

## Equipment

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

## Directions

- ☐ Heat the oven to 450°F.
- ☐ Put the squash on a large baking sheet and toss with the oil, 1/4 teaspoon of the salt, the pepper, and sage.
- ☐ Spread the squash out in a single layer. Roast, turning occasionally, until tender and starting to brown, 15 to 20 minutes.
- ☐ In a small bowl, stir together the mascarpone, half-and-half, scallions, and the remaining 3/4 teaspoon salt.
- ☐ Meanwhile, in a large pot of boiling, salted water, cook the penne until just done, about 13 minutes. Reserve 1 cup of the pasta-cooking water and drain. Return the pasta to the hot pan. Stir in the squash, mascarpone sauce, and ham. If the sauce seems too thick, add some of the reserved pasta-cooking water.
- ☐ Serve topped with the Parmesan.
- ☐ Variations
  - ☐ Instead of butternut squash, roast cubes of another winter squash, such as pumpkin or acorn squash--or try roasting cubed sweet potatoes.
  - ☐ Wine Recommendation: A Gewurztraminer from Alsace may sound like an unusual choice here, but try it; you'll be surprised at how beautifully the sweet butternut squash and salty ham blend with the wine's rich, spicy flavors.

## Nutrition Facts



 **PROTEIN 12.15%**  **FAT 43.09%**  **CARBS 44.76%**

## Properties

Glycemic Index:33.25, Glycemic Load:25.73, Inflammation Score:-10, Nutrition Score:30.534347988341%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

## Nutrients (% of daily need)

Calories: 827.92kcal (41.4%), Fat: 39.96g (61.48%), Saturated Fat: 20.5g (128.15%), Carbohydrates: 93.39g (31.13%), Net Carbohydrates: 85.87g (31.23%), Sugar: 8.8g (9.78%), Cholesterol: 84.7mg (28.23%), Sodium: 1090.82mg (47.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.36g (50.72%), Vitamin A: 25143.75IU (502.87%), Selenium: 57.32µg (81.88%), Manganese: 1.26mg (63.22%), Vitamin C: 49.6mg (60.12%), Phosphorus: 377.21mg (37.72%), Magnesium: 138.81mg (34.7%), Potassium: 1135.83mg (32.45%), Calcium: 322.38mg (32.24%), Fiber: 7.52g (30.08%), Vitamin E: 4.51mg (30.06%), Vitamin K: 26.56µg (25.3%), Vitamin B6: 0.5mg (24.87%), Copper: 0.49mg (24.54%), Vitamin B3: 4.27mg (21.34%), Vitamin B1: 0.32mg (21.34%), Folate: 83.75µg (20.94%), Iron: 3.32mg (18.45%), Zinc: 2.38mg (15.87%), Vitamin B5: 1.4mg (13.97%), Vitamin B2: 0.18mg (10.78%), Vitamin B12: 0.13µg (2.21%)