

Butternut Squash & Spinach Pasta

Servings: 2-3

Slightly adapted from

<http://www.laaloosh.com/2012/08/01/butternut-squash-spinach-pasta-casserole-recipe/#.UBlBIOe3WgI.pinterest>

Ingredients

1/2 cup penne pasta
1 cup butternut squash, cut into small cubes
1/2 onion, thinly sliced
1 cup fresh spinach leaves
1/4 cup shredded 2% mozzarella cheese
4 oz fat-free cottage cheese
1/2 tablespoon butter
1/8 cup flour
1/2 cup fat free milk
1/2 teaspoon dried basil
1 teaspoon minced garlic
1/4 teaspoon nutmeg
1/4 teaspoon dried sage
1/2 teaspoon red pepper flakes
1/2 teaspoon olive oil
1/2 teaspoon salt
1/2 teaspoon black pepper
1/4 cup grated Parmesan cheese

Preparation

- 1) Preheat oven to 425F. Lightly spray or drizzle the butternut squash with an olive oil and sprinkle with salt and pepper. Roast the butternut squash for about 30 minutes.
- 2) Meanwhile, set a non-stick skillet over medium heat and heat olive oil; add garlic and a pinch of red pepper flakes. Heat until garlic begins to soften, about 2 minutes. Add in spinach and sauté until spinach is completely wilted. Set aside on a paper towel to drain.
- 3) Prepare pasta according to package directions. Drain and set aside.
- 4) Melt 1/2 tablespoon butter in a large nonstick skillet over medium heat. Add the onions and cook down for about 20-30 minutes, until onions turn brown. Set aside.
- 5) Bring the milk, nutmeg, sage, 1/2 teaspoon pepper, and remaining chili flakes to a simmer.
- 6) In a separate sauce pan, make the roux by melting the remaining 1/2 tablespoon of butter and then adding in the flour. Stir until doughy (about one minute).
- 7) Whisk the milk into the butter and flour mix (the roux). It should be smooth and velvety, not chunky or too thick. If it is, just add some more milk to thin it out. Add in the Parmesan, and whisk until smooth. Set aside.
- 8) In a small bowl, combine cottage cheese, basil, remaining garlic, salt, pepper and chili flakes.

9) Preheat the oven to 375. In a casserole dish, place a layer of noodles, spinach, butternut squash, onions, and then dot with a third of ricotta. Then cover with about 1/4 of the cream sauce. Repeat with the remaining ingredients until are used up.

Then top evenly with the mozzarella.

10) Bake for about 20-25 minutes, or until bubbling. Turn the broiler on and bake for another 5 minutes, or until browned on top. Remove from oven and let cool for about 15-20 minutes.