CREAMY BUTTERNUT SQUASH LINGUINE WITH FRIED SAGE

Adapted from Cookie + Kate

INGREDIENTS

- 2 medium sized butternut squash (2lbs), peeled and cubed
- 5 cloves of garlic, finely diced
- 1/2 bunch parsley leaves, finely chopped (save the stems for the stock)
- olive oil
- salt and pepper
- 1 Tbsp sage leaves, finely chopped
- 12 oz whole grain linguine or fettucine

for the vegetable stock:
- 2 onions, diced
- 2 large carrots, shredded
- 3 stalks of celery, shredded or finely chopped
- 4 cups water

optional:
- 1/2 cup cashews to add protein and to keep it vegan
- parmesan cheese
- red pepper flakes
- nutritional yeast

METHOD

Preheat oven to 425°. Peel the squash, trim off the ends, and cut in half lengthwise. Use a spoon to remove the seeds. Cut squash into one inch cubes and place in a large bowl. Add the garlic and parsley.

Coat a rimmed baking sheet with olive oil and spread the squash onto the tray evenly. Drizzle olive oil over the squash. Season with salt and pepper. Roast for about 30 minutes, or until soft on the inside and crispy and brown on the outside.

In the meantime, in a large pot coat the bottom with olive oil and put on medium heat. Add the sage and stir to coat in the olive oil for a few minutes, then remove and place them on a sheet pan. Allow the sage to cool before laying out on the sheet pan. Place in the oven for 5 minutes to finish crisping.

Use the same pot to make your quick vegetable stock. Sauté 2 onions until caramelized, then add shredded carrots and celery. Once those vegetables have browned a bit, add 4 cups of water or more if needed to completely cover them. Allow that to simmer and check on your squash.

Put on a large pot of water for your pasta and bring it to a boil. Prepare your linguine or pasta of choice according to the directions on the package.

Once the squash is finished roasting, put a few spoonfuls in a blender with a few ladles of your veggie stock, including some of the veggies. Use caution since everything is hot, and only fill half full. Place a dish towel over the top and turn the blender on low. Add more broth if it is too thick and stir down as needed.

When your pasta is ready, strain it and then add just enough of your butternut squash sauce to coat the noodles. Add salt, pepper and nutritional yeast if you want to keep it vegan, or parmesan cheese!

This recipe makes a good bit and freezes well, as does the vegetable broth.