



Pasta with Butternut Parmesan Sauce

Inspired by simplyrecipes.com, posted by City Fresh

So easy and healthy! Kids will love it!

- 1 to 1 ½ lbs. butternut squash
- 1 lb. angel hair or spaghetti
- 1 Tablespoon of olive oil
- 1/3 cup onions, chopped
- 1/4 parmesan cheese
- 1/3 cup sour cream or Greek yogurt
- 1/8 teaspoon nutmeg
- 1 Tablespoon of fresh parsley, chopped
- Salt and pepper to taste
- 1 cup of water as needed

Preheat oven to 350° F.

Cut squash lengthwise in half, scoop out innards and seeds and bake cut side down for 40 minutes or until fork tender. Cool, scoop out flesh and put into blender.

Sauté onions in oil over medium heat until just beginning to brown, from 8 to 10 minutes.

Add onions to blender. Add water, cheese, salt and nutmeg and blend until smooth. Taste and add more salt if needed. If sauce is too thick, thin it with a little more water. Pour sauce into small pot over low heat. Mix in sour cream and warm it through. Do not let boil.

Cook pasta al dente in boiling salted water: When pasta is ready, drain and put it into a bowl. Mix with the sauce and serve.