

# Vegetarian Butternut Squash Pasta

Yield: 4 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/butternut-squash-italian-sausage-pasta-recipe>

## Ingredients:

- 16 ounces pasta
- 2 tablespoons olive oil
- 1 butternut squash small, peeled, diced, and seeds discarded; about 4-5 cups
- 12 ounces Italian sausage fully cooked, sliced
- 2 cups broccoli florets or frozen peas
- 1/2 cup grated Parmesan
- salt
- pepper
- Parmesan cheese additional, optional

## Nutrition:

1. Calories: 920 calories
2. Carbohydrate: 105 grams
3. Cholesterol: 80 milligrams
4. Fat: 40 grams
5. Fiber: 8 grams
6. Protein: 36 grams
7. SaturatedFat: 13 grams
8. Sodium: 1090 milligrams
9. Sugar: 7 grams

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