

Creamy Butternut Squash Pasta

Yield: 6 min
Total Time: 30 min

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

Ingredients:

- 1 butternut squash medium, peeled and diced
- 3 tablespoons olive oil
- 8 sage leaves
- 12 ounces whole wheat linguine DeLallo, or other pasta
- 1 1/2 cups vegetable broth or water
- 1 tablespoon olive oil
- 1/4 cup diced yellow onion
- 2 cloves garlic minced
- 1/8 teaspoon ground nutmeg
- 1/4 cup grated Parmesan cheese freshly
- ground black pepper
- salt

Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 5 milligrams
4. Fat: 11 grams
5. Fiber: 4 grams
6. Protein: 3 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 430 milligrams
9. Sugar: 3 grams

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