

Nessralla Farm Halifax Fall 2021

Roasted Delicata Squash Pasta with Baby Spinach



The delicata squash is a small winter squash whose flesh roasts up tender with a flavor that's nutty and slightly sweet. Named for its uncharacteristically delicate skin, there's no need to peel this versatile veggie!! Here's a quick vegetarian pasta recipe featuring delicata, caramelized onions and baby spinach in a creamy sauce. We hope you'll find it a fun addition to your fall recipe repertoire!!

Ingredients

- 1 small delicata squash
- 2 handfuls washed baby spinach
- 1 small red onion, peeled, halved & sliced lengthwise
- 1 garlic clove, peeled and minced

- ½ lb tubular pasta such as rigatoni or penne
- 2 Tbsp extra-virgin olive oil
- ½ tsp kosher salt
- 1 tsp red chili pepper flakes (optional)
- 1 tsp balsamic vinegar
- ¼ cup heavy cream
- ¼ cup grated parmesan

Preparation

- Heat oven to 425 degrees.
- Trim the ends off the squash and slice it in half lengthwise. Slice each half in half again. Scrape a spoon along down the length of the pieces to remove the seeds and cut into ½-inch wide chunks. Put the squash in a large mixing bowl.
- Add olive oil, salt, onion, garlic and chili to the squash and toss together. Transfer to a rimmed baking sheet and roast for 20-25 minutes. The squash should be tender and nicely browned. Drizzle the balsamic over the squash as soon as it comes out of the oven and stir around gently with a spatula.
- While the squash is roasting, bring a large pot of salted water to a boil. Cook the pasta until al dente. Before draining the pasta, add the spinach to the colander so that the brief contact with the boiling pasta water will wilt the greens.
- Transfer the pasta and spinach back to the cooking pot and stir in the cream and Parmesan. Add the squash to the pasta and toss together. Serve hot with additional cheese and chili flakes to your taste. Enjoy!!