



## Healthy Holidays

### HARVEST FOODS

#### Farm to Fork



The best part about fall is that grocery stores and farmers markets are packed with lots of delicious heart-healthy fruits and veggies fresh from the fall harvest. These foods are perfect for getting your nutrition goals back on track after those summer cookouts.

#### Butternut Squash Pasta

Serves 4; 1 cup pasta, 3/4 cup squash mixture

Prep time: 15 minutes

Cooking time: 15 to 20 minutes



The flavor of sage marries perfectly with any type of winter squash. In this hearty dish, the green sugar snap peas provide a striking visual contrast to the bright orange butternut squash.

**8 ounces** dried whole-grain spaghetti  
**3 cups** cubed butternut squash (1/4-inch cubes)  
**1 cup** fat-free, low-sodium vegetable broth  
**1/2 cup** chopped onion  
 2 medium garlic cloves, minced  
**1/4 teaspoon** salt  
**1/4 teaspoon** pepper  
**2 cups** trimmed, halved sugar snap peas  
**2 tablespoons** chopped fresh sage  
**1/4 cup** shredded or grated Parmesan cheese

#### Steps:

1. Prepare the pasta using the package directions, omitting the salt. Drain well in a colander. Set aside.
2. In a large skillet, stir together the squash, broth, onion, garlic, salt, and pepper. Bring to a boil over medium-high heat. Reduce the heat and simmer for 5 minutes.
3. Stir in the peas. Return to a simmer and simmer for 7 to 10 minutes, or until the squash is tender and most of the liquid has evaporated.
4. Stir in the sage. Serve the squash mixture over the pasta. Sprinkle with the Parmesan.

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