

# Butternut Squash Pasta with Squash Seeds & Fried Sage

*Serves 4:*

## Ingredients

1 medium butternut squash  
extra virgin olive oil  
2 tablespoons chopped sage leaves, plus whole leaves for garnish  
kosher salt and freshly ground black pepper  
3 tablespoons unsalted butter  
1 medium sweet onion, chopped  
1 pound penne or rigatoni pasta  
1/2 cup freshly grated parmesan cheese, plus more for garnish

## Preparation

Preheat oven to 400 degrees.

Using a sharp chef's knife, cut squash in half lengthwise.

Scoop seeds and pulp from cavity with a soup spoon.

Remove pulp from the seeds, placing them in a strainer to rinse.

Place squash cut side down and carefully peel.

Chop into 1 inch dice and place in a large bowl.

Toss to coat with chopped fresh sage leaves, olive oil, kosher salt and freshly ground black pepper.

Spread out in one layer on a baking sheet and roast for about 45 minutes, until tender.

Rinse squash seeds and dry well with paper towel; spread on a small baking sheet.

Place in oven to dry out and roast for 5 to 10 minutes, tossing midway.

In a small skillet, melt 1 tablespoon unsalted butter.

Sauté squash seeds in butter until golden; season with sea salt and set aside.

In a large sauté pan, heat 2 tablespoons olive oil over medium heat.

Fry sage leaves in hot oil until crisp and, using a slotted spoon, remove and drain on paper towels.

Add chopped sweet onion to pan and cook until translucent and softened, about 5 minutes.

Toss roasted squash with the onions in sauté pan, stir and cook for a few minutes.

Add 2 tablespoons of unsalted butter and season with kosher salt and freshly ground black pepper.

Taste the squash: if not a bit sweet, add a pinch of brown sugar and cook a minute or two longer.

In a large stock pot, bring water to a rolling boil.  
Add a generous amount of salt and stir in pasta.  
Cook until al dente and drain, reserving about 1 cup pasta water.  
Toss pasta with squash in sauté pan.

Grate about 1/2 cup fresh Parmesan cheese on top.  
If you need to loosen the sauce a bit, add some pasta water.  
Taste and adjust seasoning, if needed.

Serve pasta in shallow bowls.  
Grate more fresh Parmesan on top and garnish with crunchy squash seeds and fried sage leaves.  
Finish with a drizzle of olive oil.

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