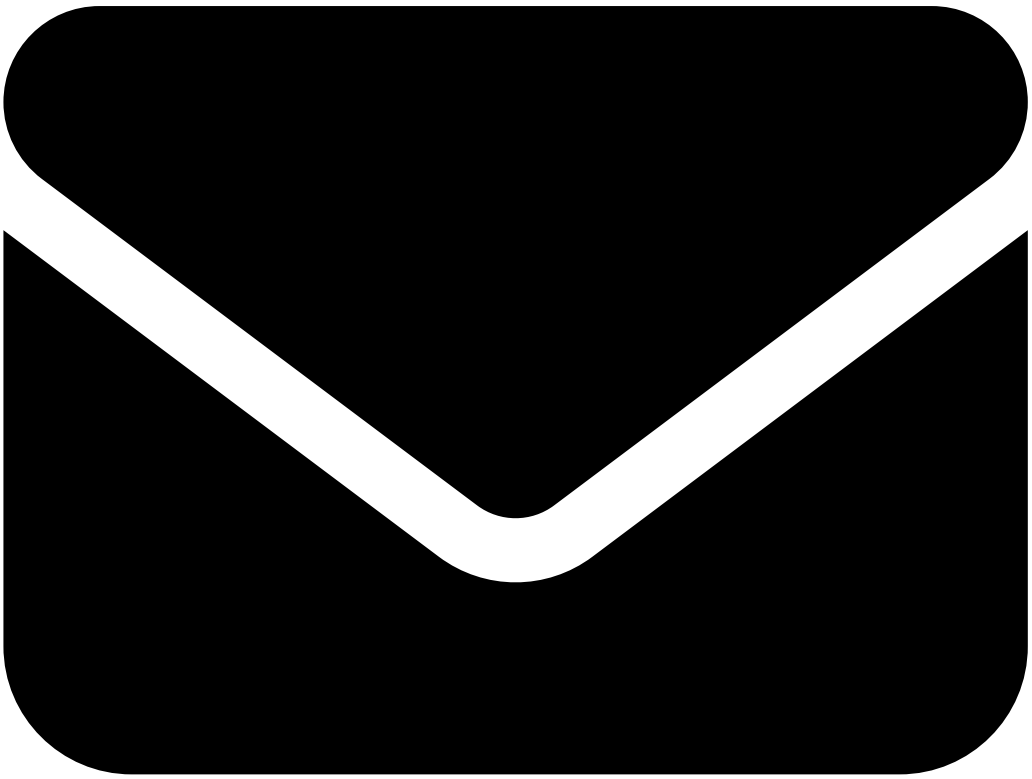
Roasted Butternut squash orzo

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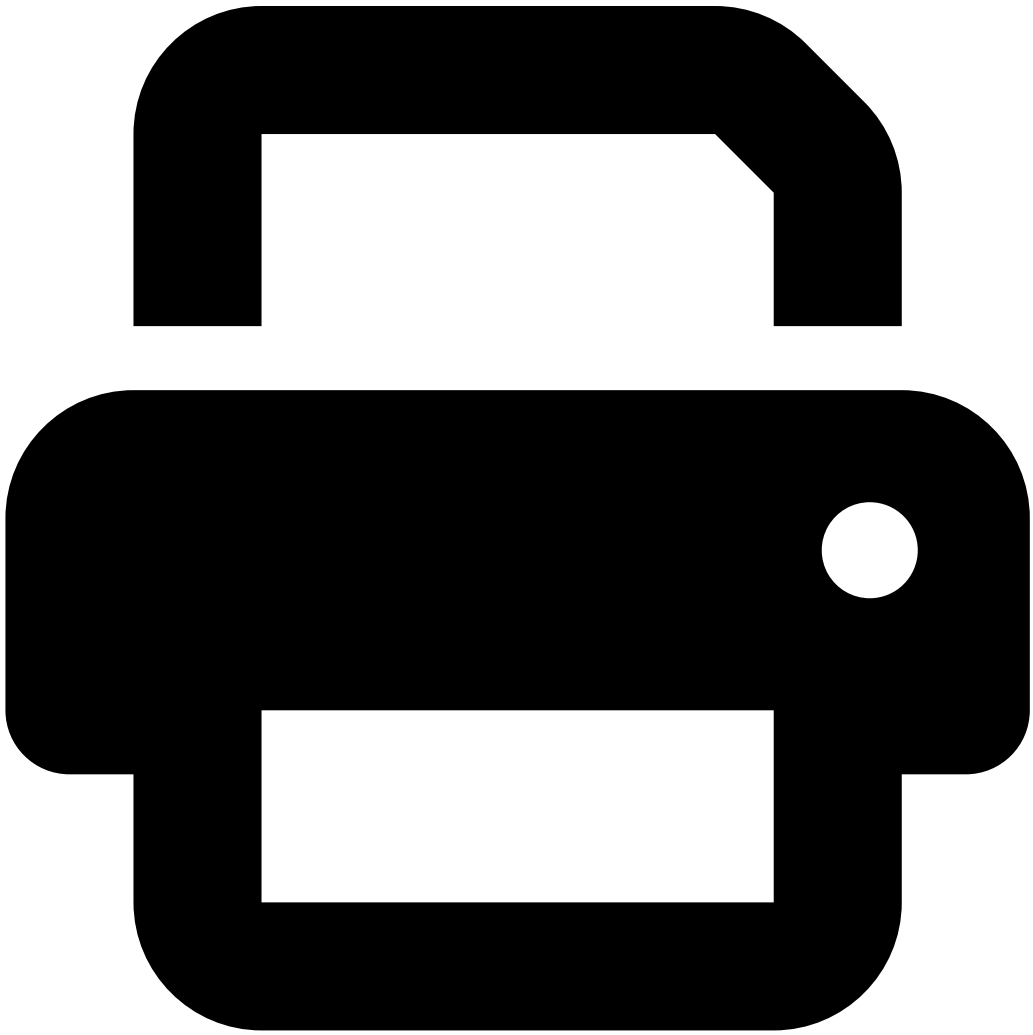
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This creamy roasted butternut squash orzo is the perfect cozy fall meal—rich, savory, and surprisingly easy to make. Roasting the butternut squash with fresh sage and garlic brings out its natural sweetness while adding delicious depth and warm fall flavor.

The roasted squash is blended with stock, cream, and Parmesan cheese to create a smooth, velvety sauce that coats every bite of tender orzo pasta. The combination of sweet roasted squash, savory garlic and sage, and nutty Parmesan makes this orzo incredibly flavorful without requiring a long list of ingredients.

Best of all, this creamy butternut squash orzo is simple, affordable, and made with ingredients you may already have in your kitchen. It’s an easy fall dinner that feels special enough for company but is simple enough for a weeknight meal.

Roasted Butternut Squash Orzo Variations

Add protein: This creamy butternut squash orzo is vegetarian as written, but it’s easy to add protein. Sauté mild or spicy Italian sausage with the garlic before adding the sauce. For a lighter option, try chicken apple sausage or turkey sage sausage.

Add more vegetables: Spinach adds color and freshness, but you can easily substitute Swiss chard or kale. You can also add diced zucchini, mushrooms, or another favorite vegetable to make this orzo even heartier.

Make it gluten-free: I use orzo, a small rice-shaped pasta, for this recipe, but you can substitute your favorite pasta shape. For a gluten-free version, simply use gluten-free orzo or pasta.

Make Ahead & Good to Know

I recommend roasting the butternut squash ahead of time. Not only does roasting bring out the squash’s natural sweetness, but preparing it in advance makes this creamy butternut squash orzo much quicker to put together when you’re ready to cook.

You can also make the entire butternut squash sauce a day ahead. Store it in an airtight container in the refrigerator, then gently warm the sauce on the stovetop when you’re ready to serve. Add the orzo and cook until tender, adding a little extra stock if the sauce needs to be loosened.

The prepared sauce can be refrigerated for up to **4 days**. I recommend cooking the orzo fresh when serving for the best texture.

Make It a Meal

If you love cozy Italian-inspired dishes like this creamy roasted butternut squash orzo, you might also enjoy some of my other comforting pasta dishes. Try my **Butternut Squash Gorgonzola Pasta**, **Creamy Tortellini Soup with Italian Sausage**, or **Mushroom Bolognese Bucatini** for more hearty recipes that are perfect for fall and winter.

And if you're looking for more easy Italian dinner ideas, be sure to browse my **Italian pasta recipes** and **comforting Italian recipes**. There's nothing better than a simple homemade meal that brings everyone to the table.

Roasted butternut squash orzo



This creamy roasted butternut squash orzo is a cozy, flavorful fall dish made with roasted butternut squash, sage, garlic, Parmesan, and tender orzo. The roasted squash creates a naturally sweet and savory sauce that is rich, creamy, and comforting. It's an easy vegetarian meal that comes together with simple, affordable ingredients.

- 4 cups peeled and cubed butternut squash
- 4 garlic cloves
- 4 to 5 sage leaves
- 4 Tbsp/ olive oil
- 1 cup heavy cream

- 2 cups vegetable or chicken stock
- 3 cups orzo
- 3 cups chopped spinach
- 1 cup grated parmesan
- 1/2 cup gorgonzola

1. **Roast the butternut squash:** Preheat your oven to 375°F. Peel the butternut squash and cut it into medium-sized cubes. Arrange the squash on a baking sheet with the garlic and sage leaves. Season with salt and pepper to taste, drizzle with olive oil, and toss to coat. Roast for 15–20 minutes, or until the squash is fork-tender.

2. **Cook the orzo:** Transfer the roasted butternut squash, garlic, and sage to a large pan over medium-high heat. Add the cream, stock, and orzo, stirring to combine. Bring to a gentle simmer and cook for about 10 minutes, stirring frequently, until the orzo is al dente. Add a little extra stock if needed to keep the sauce creamy

3. **Add the spinach and Parmesan:** Stir in the spinach and grated Parmesan cheese. Simmer for a few minutes, until the spinach wilts and the cheese melts into the creamy sauce.

4. **Garnish and serve:** Spoon the orzo into serving bowls and finish with crumbled Gorgonzola cheese and freshly chopped Italian parsley. Serve warm.

Roast the butternut squash until the edges are caramelized and lightly browned. Those golden roasted edges add extra depth and sweetness to the finished sauce. You can also roast the squash a day ahead to make this recipe even quicker.
Main Course, Side Dish
Italian
roasted butternut squash orzo