

Roasted Butternut squash orzo

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This creamy roasted butternut squash orzo is healthy and delicious. The rich, nutty sauce gets warm fall flavors by roasting the butternut squash with sage and garlic. Roasting the squash brings out its natural sweetness and adds another depth of flavor. And when you mix it with stock, cream and parmesan cheese, it becomes an irresistible rich and savory sauce . This simple recipe is not only delicious it is also affordable!!! Just a handful of ingredients you probably already have on hand.

Roasted butternut squash orzo Variations

Protein: This is a vegetarian recipe if you want to add protein you can saute some Italian sausage spicy or mild along with the garlic. If you want a healthier protein try chicken apple or turkey sage sausage.

Vegetables: you can replace the spinach with Swiss chard or kale and add other vegetables like diced zucchini or mushrooms.

Gluten free: I am using orzo a small shaped rice looking pasta. You can use any shape pasta you like or gluten free.

I recommend roasting the butternut squash in advance. This will reduce your actual cooking time. You could prepare the whole sauce recipe the day before. Than bring it to the stove top and add the orzo when your ready to serve. You can keep the cooked pasta sauce in your fridge for up to 4 days.

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 cup gorgonzola

Instructions

1. Preheat your oven to 375- degrees. Start by peeling and cutting the butternut squash into medium size dice. Place the squash on a cookie sheet, add the garlic and sage leaves, salt and pepper to taste, drizzle with the olive oil and roast for 15 to 20 minutes or until soft.
2. Then add the squash to a pan over medium high heat on the stove top. Add the cream , stock and orzo. Simmer until the orzo is cooked el dent about 10 minutes. Add the spinach and grated parmesan cheese and simmer just a few minutes until the spinach is wilted.
3. Plate top with the gorgonzola and Italian parsley .
ENJOY!!!