

BAKED SQUASH PASTA

Ingredients:

- 1 small acorn squash
- 1 Tbsp olive oil
- ½ cup onion, diced
- 2 garlic cloves, minced
- 1 tsp dried sage
- ½ cup skim milk
- 2 cups arugula leaves
- ½ cup vegetable stock
- 1 tsp salt
- 2 cups dry pasta (e.g. spaghetti or fusilli)
- ¼ cup parmesan cheese, shredded
- 2 Tbsp walnuts, chopped

Instructions:

- Preheat the oven to 375 F.
- Cut the acorn squash into half. Take out the seeds using a large spoon.
- Bake in the oven for about 30 to 40 minutes. Use a fork to determine if it is ready (it should be tender).
- Let the squash cool and then puree it in the blender.
- Put some water to boil for the pasta.
- Sautee the onions in a large pan, over medium heat. Cook for about 5 minutes, until tender.
- Add the garlic and sage. Stir well. Add the milk and bring to a boil.
- Add in the arugula and cook until wilted.
- Cook the pasta according to package instructions. The desired texture should be al dente.
- In a large bowl, mix the vegetable stock, pureed squash and salt. Add to the onion mix.
- Remove from heat when the mixture begins to bubble.
- Add the pasta to the pan and mix.
- Transfer all the ingredients to a shallow casserole dish. Sprinkle parmesan cheese and walnuts on top.
- Bake for 20 minutes. Serve hot.

Serves 4

Tip: instead of milk, you can try cooking with white wine. Alternatively, you can use 1 cup of vegetable stock, omitting the milk, or vice versa.



Fact

Vitamin D is important for calcium absorption and usage, among other functions. Milk and fortified soy & rice beverages are one of the best sources of vitamin D. Health Canada recommends that adults over the age of 50 take a daily vitamin D supplement of 400 IU.