Recipe provided by: GREATER CHICAGO FOOD DEPOSITORY

Difficulty: Moderate

PASTA WITH WINTER SQUASH & TOMATOES

WINTER SEASONAL HIGHLIGHT

INGREDIENTS:

- 8 ounces Pasta, whole wheat if possible
- 3 tablespoons Cooking Oil
- Red Pepper Flakes, to taste
- Salt and Pepper, to taste
- Grated Parmesan Cheese (optional)
- 5 cups Butternut Squash, diced
- 2 cups Tomatoes, diced
- 1/4 cup Onion, diced
- 3 cloves Garlic, minced

Optional

- Add ½ cup of coconut milk to make the recipe extra creamy
- Top with minced fresh parsely

TIPS

- Visit the source recipe page hyperlinked in the title to see videos on how to prepare these ingredients
- You can substitute 1 (14.5 ounce) can of diced tomatoes for the fresh tomatoes if desired.

DIRECTIONS:

1. Bring a large pot of water to a boil.
2. While water is heating, add oil to a medium skillet over medium heat.
3. Add onion, garlic, and red pepper flakes. Cook for 1 minute. Add tomatoes, squash, salt and pepper. Cook until tender, about 15 minutes.
4. When squash is done cooking, cook pasta until tender according to package instructions.
5. Drain pasta and combine with squash and tomato sauce. Serve hot with parsley or parmesan cheese if desired.