

Goat Cheese & Butternut Squash Pasta

with Arugula & Shaved Parmesan Salad

Sweet and hearty butternut squash is among our favorite cold-weather vegetables. In this dish, we're dicing and roasting a butternut squash, mixing it with rigatoni pasta and tender caramelized onion, then smothering it all in a tangy, creamy sauce made with goat cheese. The cheese's pleasant acidity perfectly balances the sweet squash and onion, while a sprinkling of fresh mint adds an herbaceous finish. We're pairing the pasta with a salad of arugula, shaved Parmesan and lemon vinaigrette.



Ingredients

¾ Pound Rigatoni Pasta

¾ Cup Milk

4 Ounces Arugula

1 Butternut Squash

1 Lemon

1 Yellow Onion

1 Bunch Mint

Knick Knacks

4 Ounces Goat Cheese

2 Tablespoons All-Purpose Flour

1 Tablespoon Butter

⅓ Cup Shaved Parmesan Cheese

Makes 4 Servings

About 690 Calories Per Serving

Prep Time: 15 min | Cook Time: 25 to 35 min



1



Prepare the ingredients:

Preheat the oven to 475°F. Wash and dry the fresh produce. Heat a medium pot of salted water to boiling on high. Cut off and discard the squash ends. Peel the squash; separate the neck and bulb. Halve the bulb lengthwise; scoop out and discard the pulp and seeds, then medium dice the squash. Peel, halve and thinly slice the onion. Quarter and deseed the lemon. Pick the mint leaves off the stems; discard the stems.

2



Roast the squash:

Place the **squash** on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to thoroughly coat. Arrange the seasoned squash in a single, even layer and roast 22 to 24 minutes, or until golden brown and tender when pierced with a fork. Remove from the oven.

3



Caramelize the onion:

While the squash roasts, in a large pot, heat 2 teaspoons of olive oil on medium-high until hot. Add the **onion**. Cook, stirring occasionally, 8 to 10 minutes, or until lightly browned. Add **1 tablespoon of water**. Cook, stirring frequently, 2 to 4 minutes, or until browned and very tender. Stir in **an additional tablespoon of water**, scraping up any browned bits from the bottom of the pot. Remove from heat and season with salt and pepper to taste.

4



Cook the pasta & make the vinaigrette:

While the onion caramelizes, add the **pasta** to the pot of boiling water. Cook 11 to 13 minutes, or until al dente (still slightly firm to the bite). Reserving **1 cup of the pasta cooking water**, drain thoroughly; rinse under cold water to prevent sticking. Rinse and wipe out the pot. While the pasta cooks, squeeze **the juice of all 4 lemon wedges** into a bowl; season with salt and pepper to taste. Slowly whisk in **2 tablespoons of olive oil** until well combined.

5



Make the cheese sauce:

While the squash continues to roast, in the pot used to cook the pasta, heat **2 tablespoons of olive oil** on medium-high until hot. Add the **flour**; cook, whisking frequently, 30 seconds to 1 minute, or until golden brown. Slowly whisk in the **milk** and **reserved pasta cooking water**. Cook, whisking frequently, 2 to 4 minutes, or until thickened. Reduce the heat to medium-low. Add the **goat cheese** (crumbling into small pieces before adding). Cook, whisking frequently, 30 seconds to 1 minute, or until thoroughly combined. Remove from heat and season with salt and pepper to taste.

6



Finish the pasta & serve your dish:

To the pot of **caramelized onion**, add the **cooked pasta**, **roasted squash**, **cheese sauce**, **butter** and **all but a pinch of the mint** (tearing just before adding). Cook on medium, stirring occasionally, 1 to 2 minutes, or until well combined. Remove from heat; season with salt and pepper to taste. In a large bowl, combine the **arugula**, **Parmesan cheese** and enough of the **vinaigrette** to coat the salad. Toss to coat; season with salt and pepper to taste. Transfer the **finished pasta** and **salad** to serving dishes. Garnish the pasta with the **remaining mint** (tearing just before adding). Enjoy!