

Three-Cheese Cannelloni

with Butternut Squash & Kale

Literally translated from Italian, “cannelloni” means “large reeds,” which is what this delicious pasta is said to resemble. A hearty filling, usually containing cheese, is rolled inside fresh pasta sheets, covered in sauce and baked to bubbly perfection. We’re topping the cannelloni with béchamel—a rich, cream-based white sauce. Ours gets its silky finish from Fontina—just one of the three cheeses we’re bringing together in this dish. The cannelloni themselves are filled with a ricotta-Parmesan mixture, butternut squash and kale. This is a delicious seasonal take on an Italian comfort classic.



Ingredients

- 2 Fresh Pasta Sheets
- 4 Ounces Fontina Cheese
- 2 Cloves Garlic
- 1 Bunch Kale
- 1 Pound Butternut Squash
- 1 Red Onion

Knick Knacks

- 2 Tablespoons All-Purpose Flour
- 2 Tablespoons Heavy Cream
- ½ Cup Part-Skim Ricotta Cheese
- ¼ Cup Grated Parmesan Cheese
- 1 Teaspoon Cannelloni Spice Blend
(Aleppo Pepper, Ground Sumac & Ground Cinnamon)

Makes 2 Servings

About 695 Calories Per Serving

Cooking Time: 35 to 45 minutes



1



Prepare the ingredients:

Preheat the oven to 450°F. Wash and dry the fresh produce. Cut off and discard the rind of the Fontina cheese; grate the cheese. Peel and thinly slice the garlic and onion. Remove and discard the kale stems; roughly chop the leaves. Halve the squash lengthwise. Scoop out and discard the seeds and pulp of the squash. Using a sharp, sturdy knife, peel and medium dice the squash.

2



Cook the vegetables:

In a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **squash**; season with salt and pepper. Cook, stirring occasionally, 4 to 6 minutes, or until lightly browned and slightly tender. Add the **garlic** and **onion**. Cook, stirring occasionally, 1 to 2 minutes, or until fragrant. Add the **kale**, **spice blend** and **¼ cup of water**; season with salt and pepper. Cook, stirring frequently, 3 to 4 minutes, or until the kale has wilted. Transfer to a large bowl.

3



Make the filling:

Add the **ricotta cheese** and **half the Parmesan cheese** to the bowl of cooked vegetables; mix to thoroughly combine. Season with salt and pepper to taste. Set aside.

4



Make the béchamel sauce:

In a large pot, heat **2 tablespoons of olive oil** on medium-high until hot. Add the **flour**; cook, whisking constantly, 30 seconds to 1 minute, or until golden. Add the **heavy cream** and **1 cup of water**. Cook, whisking occasionally, 2 to 4 minutes, or until thickened. Add the **Fontina cheese**; season with salt and pepper to taste. Cook, whisking constantly, 30 seconds to 1 minute, or until thoroughly combined and the cheese has melted. Remove from heat.

5



Assemble the cannelloni:

Spread a **thin layer of the béchamel sauce** onto the bottom of an oven-safe baking dish. Cut each **fresh pasta sheet** into 4 equal squares. Spoon about **⅓ of the filling** into the center of one of the pasta sheet squares, shaping the filling into a log. Roll the pasta sheet around the filling; carefully place into the baking dish, seam side down. Repeat with the remaining pasta sheet squares and filling. Top the assembled cannelloni with the **remaining béchamel sauce**; sprinkle with the **remaining Parmesan cheese**.

6



Bake the cannelloni & serve your dish:

Place the baking dish of **assembled cannelloni** onto a sheet pan. Bake 20 to 22 minutes, or until golden brown and bubbly on top. Remove from the oven. Let stand for 2 minutes before serving. Enjoy!