

Butternut Squash Penne with Lamb Sausage



Ingredients

1 ½ - 2 cups fresh butternut squash, peeled, cleaned and cubed (or 4 bags of frozen butternut squash)	1 pound lamb sausage
6 cloves garlic, chopped	2 tablespoons extra virgin olive oil
1 tablespoon fresh thyme	1 tablespoon fresh mint, chopped
1/4 cup broth or water	Dash salt and pepper
1 lb dry penne pasta	¼ cup feta crumbled

The process

1. Bring a pot of salted water to a boil.
2. If you are peeling and cutting a whole butternut squash, pierce the entire squash with a fork. Place the squash directly on the rack in a 350-degree oven for five minutes. You can then peel and cut the squash much easier than when it is raw. Cut squash into ½ inch (or smaller cubes).
3. Add pasta when the water is rapidly boiling.
4. Meanwhile, in a large sauté pan over medium heat add garlic, olive oil, sausage and ½ of the herbs and cook until sausage is brown, set aside in bowl.
5. Add squash and sauté until it starts to get soft. If it starts to stick to the pan, add a few tablespoons of water or broth to loosen. Add back in the sausage mix.
6. Cook pasta until al dente (it should have a bit of a chew to it), drain and reserve one cup of pasta water.
7. Add pasta to the sauté pan and moisten with the pasta water. Add the remaining herbs and ½ of the cheese.
8. Serve the remaining cheese on top of the pasta with fresh cracked pepper. Finish with arugula and pomegranate seeds.

Optional to finish:

- 1 cup arugula
- ¼ cu pomegranate seeds