



Lunch Recipe: Squash Carbonara

Ingredients

4 cups butternut squash (peeled, seeded and cubed)

1 package of linguine

1 can low-sodium chicken broth (14.5 oz)

1/2 cup shredded parmesan cheese

1/4 cup heavy cream

1 cup onion (chopped)

4 cloves garlic (chopped)

1/4 tsp ground nutmeg chili flakes (optional)

1 tbsp finely chopped fresh sage

5 slices of bacon (chopped)

Chili flakes (to taste)

Salt (to taste)

Pepper (fresh ground, to taste)

Instructions

1. Cook bacon in a large skillet until crisp. Next, add in sage and mix well.
2. Remove bacon and sage and pat dry.

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3. Leave about 3 Tbsp of bacon fat in the skillet and add in onions.
 4. When lightly browned, add in your squash and sprinkle with salt and pepper. Let cook for 6-8 minutes. Add in garlic and mix well.
 5. Next, pour in chicken broth, fresh nutmeg, and bring to a boil. Reduce heat and let mixture simmer until the broth is reduced, this should take about 15-20 minutes.
 6. Cook one package of linguine according to the instructions on the package. Set aside one cup of pasta water for later.
 7. When the squash mixture is finished, turn off heat and let cool for a few minutes.
 8. Next, add squash mixture to a blender. Add cream and then cover.
 9. Remove the center of the lid and cover with a kitchen towel. Blend until mixture is smooth (you can do this in two batches if your blender is smaller).
 10. Add cooked pasta to the large skillet.
 11. Pour in pasta water and squash mixture. Mix well.
 12. Let simmer over medium heat for 2-3 minutes.
 13. Add in parmesan. Add salt and pepper to taste.
 14. If desired, add chili flakes. Mix well.
 15. Serve. Sprinkle with bacon, sage, and parmesan cheese.