

Butternut Squash-Pecan Stuffed Shells with Creamy Whiskey Sauce

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Servings: 6

*12 ounces butternut squash, cubed
3 tablespoons olive oil, divided
12 dried jumbo pasta shells
1/2 cup onion, finely chopped
4 teaspoons fresh sage, finely chopped and divided
4 cloves garlic, minced and divided
1/2 cup ricotta cheese
2/3 cup coarsely chopped pecans, toasted and divided
1 tablespoon honey
3/4 teaspoon salt, divided
1/2 teaspoon black pepper, divided
1/4 teaspoon ground nutmeg
1/4 cup shallots, finely chopped
2 tablespoons butter
2 cups whipping cream
2 tablespoons whiskey*

Preparation Time: 45 minutes

Bake: 45 minutes

Preheat the oven to 400 degrees.

Line a baking sheet with parchment paper.

In a medium bowl, combine the squash and one tablespoon of olive oil. Transfer the squash to the prepared baking sheet. Bake about 20 minutes or until tender. Set aside. Reduce the oven temperature to 350 degrees.

Meanwhile, cook the pasta shells according to package directions. Drain and set aside.

In a large skillet, cook the onion in two tablespoons of oil over medium-high heat for 4 to 5 minutes or until the onion is tender. Add two tablespoons of sage and two cloves of garlic. Cook and stir for 1 minute more. Remove from the heat. Stir in the ricotta, 1/3 cup of pecans, honey, 1/2 teaspoon of salt, 1/4 teaspoon of pepper and the nutmeg.

In a blender or food processor, combine the cooked squash and the onion mixture. Blend or process until the mixture is nearly smooth. Spoon about 2-1/2 tablespoons of the squash mixture into each shell. Arrange the filled shells in a two-quart rectangular baking dish. Cover and set aside.

In the large skillet, cook the shallots in hot butter over medium heat for 2 to 3 minutes or until the shallots are tender. Add two cloves of garlic. Cook and stir for 1 minute more. Add the whipping cream, two teaspoons of sage, 1/4 teaspoon of salt and 1/4 teaspoon of pepper. Bring the mixture to a boil. Reduce the heat and simmer, uncovered, for 6 to 8 minutes or until the sauce is just thickened, stirring often. Pour half of the cream sauce over the shells in the baking dish.

Cover and bake for 25 to 30 minutes or until heated through.

Stir the whiskey into the remaining half of the cream sauce and heat through. Serve the stuffed shells topped with the cream sauce and remaining 1/3 cup of pecans.

Per Serving (excluding unknown items): 460 Calories; 43g Fat (83.2% calories from fat); 5g Protein; 14g Carbohydrate; 1g Dietary Fiber; 129mg Cholesterol; 356mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 8 1/2 Fat; 0 Other Carbohydrates.

Pasta

Per Serving Nutritional Analysis

Calories (kcal):	460	Vitamin B6 (mg):	.2mg
% Calories from Fat:	83.2%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	12.5%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	4.3%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	43g	Folacin (mcg):	23mcg
Saturated Fat (g):	23g	Niacin (mg):	1mg
Monounsaturated Fat (g):	15g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	11
Cholesterol (mg):	129mg	% Refuse:	0 0%
Carbohydrate (g):	14g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	1/2
Protein (g):	5g	Lean Meat:	1/2
Sodium (mg):	356mg	Vegetable:	1/2
Potassium (mg):	307mg	Fruit:	0
Calcium (mg):	131mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	8 1/2
Zinc (mg):	1mg	Other Carbohydrates:	0
Vitamin C (mg):	13mg		
Vitamin A (i.u.):	5964IU		
Vitamin A (r.e.):	855 1/2RE		

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 460 **Calories from Fat:** 383

% Daily Values*

Total Fat	43g	66%
Saturated Fat	23g	117%
Cholesterol	129mg	43%

		15%
Total Carbohydrates	14g	5%
Dietary Fiber	1g	5%
Protein	5g	
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Vitamin A		119%
Vitamin C		21%
Calcium		13%
Iron		4%
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** Percent Daily Values are based on a 2000 calorie diet.*