

## **Roasted Butternut Linguini**

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**Servings: 4**

**Preparation Time: 10 minutes**

**Bake Time: 45 minutes**

**4 cups butternut squash, peeled and cubed**

**1 medium red onion, chopped**

**3 tablespoons olive oil**

**1/4 teaspoon crushed red pepper flakes**

**1/2 pound linguini, uncooked**

**2 cups Swiss chard, shredded**

**1 tablespoon fresh sage, minced**

**1/2 teaspoon salt**

**1/4 teaspoon pepper**

Preheat oven to 350 degrees.

Place the squash and onion in a 15x10x1-inch baking pan coated with nonstick cooking spray.

Combine the oil and pepper flakes and drizzle over the vegetables to coat.

Bake, uncovered, for 45 to 50 minutes or until tender, stirring occasionally.

Cook the pasta according to package directions. Drain and place in a large bowl.

Add the squash mixture, Swiss chard, sage, salt and pepper. Toss to combine.

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Per Serving (excluding unknown items): 382 Calories; 11g Fat (25.9% calories from fat); 9g Protein; 63g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 316mg Sodium. Exchanges: 4 Grain(Starch); 1/2 Vegetable; 2 Fat.