



## Butternut Squash & Sausage Pasta Bake

*Protein: Italian Sausage | Method: Oven*

Creamy, cheesy, and filled with roasted squash. Worth the effort for every last bite of the left-overs!

### Ingredients:

- 1 lb Italian sausage (mild or spicy)
- 4 cups butternut squash, peeled and cut into ½-inch cubes
- 1 medium onion, thinly sliced
- 2 tbsp olive oil
- 3 tbsp butter
- 3 tbsp all-purpose flour
- 3 cups whole milk (warm)
- 1 tsp dried sage (or 1 tbsp fresh, chopped)
- 1 lb rigatoni or penne pasta, cooked
- 1 cup shredded mozzarella cheese
- ½ cup grated Parmesan cheese
- Salt & black pepper to taste



### Instructions:

1. Preheat oven to 400°F.
2. On a baking sheet, toss the butternut squash cubes and sliced onion with olive oil, salt, and pepper.
3. Spread in a single layer and roast for 20–25 minutes, stirring once, until the squash is tender and lightly caramelized.
4. In a large skillet, cook Italian sausage over medium heat until browned and cooked through, about 7–8 minutes.
5. Break into bite-sized crumbles. Drain excess fat if needed and set aside.
6. In a medium saucepan, melt butter over medium heat.
7. Whisk in flour and cook for 1–2 minutes until slightly golden (this is your roux).
8. Slowly whisk in warm milk, a little at a time, until smooth.
9. Add sage, salt, and pepper. Simmer for 4–5 minutes, stirring constantly, until thickened enough to coat the back of a spoon.
10. Reduce oven temperature to 375°F.
11. In a large mixing bowl, combine the cooked pasta, roasted squash/onion, sausage, and béchamel sauce. Toss gently to coat.
12. Transfer mixture to a greased 9x13-inch baking dish.
13. Sprinkle mozzarella and Parmesan evenly over the top.
14. Place the dish in the preheated oven and bake it uncovered for 20–25 minutes, until the cheese is golden and bubbling.
15. Let rest 5 minutes before serving for easier slicing.

