

Creamy Butternut Squash Pasta



INGREDIENTS

- 12 oz frozen steam-in-bag butternut squash
- 12 oz bow tie (farfalle) pasta
- 5 precooked sweet Italian chicken sausage links (about 14-16 oz)
- 3 Tbsp. olive oil, divided
- 4 cloves garlic, minced
- ½ tsp. dried thyme
- Pinch of red pepper flakes, optional
- 3 Tbsp. all-purpose flour
- 2½ cups low-sodium chicken broth
- ¼ tsp. black pepper
- ½ cup plain Greek yogurt
- 1 cup freshly grated Parmesan cheese, plus more for serving
- 5 oz fresh baby spinach
- 1-2 tsp. fresh lemon juice
- Kosher salt, to taste

DIRECTIONS

1. Steam the butternut squash according to package directions. Set aside.
2. Cook the pasta according to package directions until al dente. Before draining, reserve about ½ cup of the pasta water. Drain and set aside.
3. Slice the chicken sausage into ½-inch rounds. Heat 1 Tbsp. olive oil in a large skillet over medium heat. Add the sausage in a single layer and cook until deeply golden on both sides.
4. Add the remaining 2 Tbsp. olive oil, garlic, thyme, and red pepper flakes, if using. Cook for about 30 seconds, until fragrant. Sprinkle the flour over the sausage and stir until evenly coated. Cook for 1 minute, stirring frequently.
5. Pour in about ½ cup of the chicken broth, stirring and scraping up the browned bits from the bottom of the skillet. Gradually stir in the remaining broth. Add the black pepper and bring to a gentle simmer. Cook for 2-3 minutes, stirring occasionally, until the sauce begins to thicken.
6. Place the Greek yogurt in a small bowl or liquid measuring cup. Slowly whisk about ¼ cup of the hot sauce into the yogurt to temper it. Reduce the heat to low, then stir the tempered Greek yogurt into the skillet. Add the Parmesan and stir until melted and smooth.
7. Add the spinach and cooked pasta to the skillet. Toss for 1-2 minutes, until the spinach is wilted and the pasta is evenly coated. If needed, add reserved pasta water a splash at a time to loosen the sauce.
8. Gently fold in the butternut squash, keeping the pieces mostly intact. Stir in 1 tsp. lemon juice. Taste and add additional lemon juice, salt, or pepper as needed. Serve warm with additional Parmesan.