

Creamy Butternut Squash Pasta

Ingredients:

- 10 oz bag frozen butternut squash that can be steamed
- 4 Sweet Italian Chicken Sausage Links (precooked- I buy at aldi or Trader Joes)
- 4 cloves minced garlic
- 3 TBS flour
- 3 TBS olive oil
- 2 cups chicken broth
- ½ cup greek yogurt
- 1 cup parmesan cheese
- 8 oz farfalle pasta
- 6-8 oz fresh spinach

Directions

1. Steam butternut squash according to package instructions
2. Cook farfalle pasta according to package instructions.
3. Cut sausage links into ½ inch rounds. Heat 1 TBS of olive oil over medium heat in a large skillet. Add sausage to the skillet and cook for 2-3 minutes on each side or until they get a nice browning on each side. Add minced garlic to the skillet and cook for one minute.
4. Add 2 TBS of olive oil to the skillet, followed by 3 TBS flour. Mix together to coat the sausage. Add 2 cups of chicken broth to the skillet. Bring to a gentle boil, and then turn heat to a simmer.
5. Mix about ¼ cup of your hot liquid with greek yogurt in a liquid measuring cup. This will temper the yogurt and prevent it from curdling. Turn heat to low and add greek yogurt to the skillet.
6. Stir in parmesan cheese.
7. Add spinach to the skillet, followed by pasta and cook for 1-2 minutes, until spinach is wilted.
8. Lastly, gently stir in your butternut squash, and enjoy!

MADE WITH LOVE

by Teresa Forchard