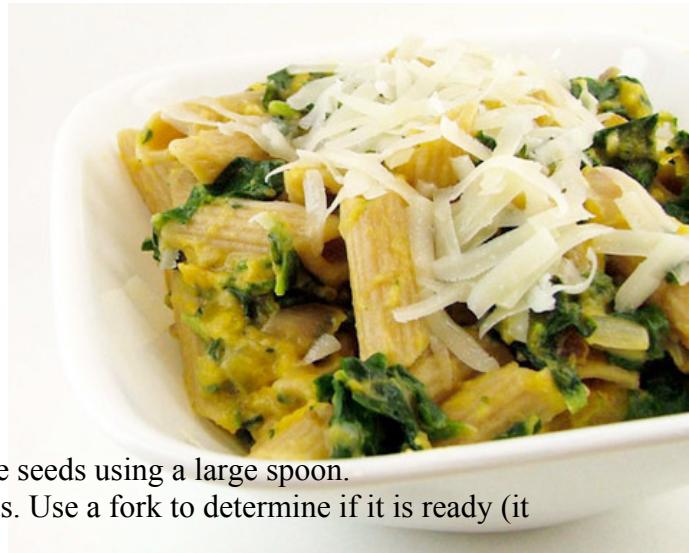


## BAKED SQUASH PASTA

### Ingredients:

1 small acorn squash  
1 Tbsp olive oil  
½ cup onion, diced  
2 garlic cloves, minced  
1 tsp dried sage  
½ cup skim milk  
2 cups arugula leaves  
½ cup vegetable stock  
1 tsp salt  
2 cups dry pasta (e.g. spaghetti or fusilli)  
¼ cup parmesan cheese, shredded  
2 Tbsp walnuts, chopped

**Tip:** instead of milk, you can try cooking with white wine.  
Alternatively, you can use 1 cup of vegetable stock, omitting the milk, or vice versa.



### Instructions:

- Preheat the oven to 375 F.
- Cut the acorn squash into half. Take out the seeds using a large spoon.
- Bake in the oven for about 30 to 40 minutes. Use a fork to determine if it is ready (it should be tender).
- Let the squash cool and then puree it in the blender.
- Put some water to boil for the pasta.
- Sautee the onions in a large pan, over medium heat. Cook for about 5 minutes, until tender.
- Add the garlic and sage. Stir well. Add the milk and bring to a boil.
- Add in the arugula and cook until wilted.
- Cook the pasta according to package instructions. The desired texture should be al dente.
- In a large bowl, mix the vegetable stock, pureed squash and salt. Add to the onion mix.
- Remove from heat when the mixture begins to bubble.
- Add the pasta to the pan and mix.
- Transfer all the ingredients to a shallow casserole dish. Sprinkle parmesan cheese and walnuts on top.
- Bake for 20 minutes. Serve hot.

Serves 4

### Fact

Vitamin D is important for calcium absorption and usage, among other functions. Milk and fortified soy & rice beverages are one of the best sources of vitamin D. Health Canada recommends that adults over the age of 50 take a daily vitamin D supplement of 400 IU.