

Pasta Inverno

Ingredients

2	cups	butternut squash (1 small)
1	cups	yellow potatoes (2)
1	cups	carrots (2)
2	cups	broccoli crowns (1)
1	lb	boneless chicken breast
1	tsp	paprika
1/2	tsp	garlic powder
1/2	tsp	basil, dry
1/2	tsp	parsley, dry
1	tsp	cracked black pepper
1/4	tsp	crushed red pepper
1	tsp	salt
2	Tbsp	olive oil
4 1/2	cups	skim milk
1/3	cups	parmesan cheese
2	Tbsp	olive oil
2	Tbsp	corn starch
16	oz	whole wheat bowtie pasta

Instructions

Microwave butternut squash for 3-5 minutes to soften the peel
Once cooled a little, either peel or cut peel off butternut squash & scoop out seeds
Dice butternut squash into 1/2 inch cubes
Wash & dice potatoes into 1/2 inch cubes (no need to peel)
Peel and slice carrots on a diagonal for a nice look (1/4 inch thick)
Cut Broccoli crown into large, but bite size pieces
Dice chicken into 1 inch cubes so that it doesn't cook faster than the other veggies
Mix 4 tsp olive oil, 1/2 tsp garlic, 1/2 tsp parsley, 1/2 tsp basil, 1/2 tsp paprika, 1/4 tsp crushed
Drizzle spice mixture over diced vegetables & chicken
Spread on parchment paper and roast for 20-25 minutes at 400 degrees. Roast until edges of
Boil whole wheat bowtie pasta according to package directions
In a saute pan, add milk, 1/3 cup parmesan, 2 Tbsp cup olive oil, 1/2 tsp paprika, 1/2 tsp
Add a little pasta water to 2 Tbsp of cornstarch, then add to sauce and simmer until thickened.
Toss al dente pasta into saute pan with sauce, then add roasted vegetable and chicken mixture.