



Makes 5 cups
Preparation Time: 20 minutes
Cook Time: 20 minutes

INGREDIENTS:

2 10-oz. bags frozen butternut squash cubes
1 small onion, quartered
2 cloves garlic
1 tablespoon tomato paste
1 teaspoon curry powder
½ teaspoon dried oregano
8 oz. dry whole wheat farfalle or bow tie pasta
1 15-oz. can black beans, rinsed and drained (1½ cups)
1 tablespoon almond butter
Sea salt, to taste
Freshly ground black pepper, to taste
¼ cup unsalted roasted pumpkin seeds (optional)
Smoked paprika (optional)

Butternut Cream Farfalle with Black Beans and Pumpkin Seeds

Craving a meal that's creamy, hearty, and crunchy all at the same time? This is the dish for you. Earthy **butternut squash** is simmered with savory spices and puréed into a velvety sauce that's made even richer with a dollop of almond butter. Nutrient-dense black beans add substance, while roasted **pumpkin** seeds serve as a crunchy garnish that makes every bite the perfect combination of textures and flavors. Sprinkle the finished dish with paprika (or cayenne, if you prefer a little more spice), and dig into this delectable and healthy plant-based pasta.

Tip: The sauce for this comforting dish can also be made with cubes of fresh winter squash; simply double the cooking time.

By Mary Margaret Chappell

- 1** In a medium saucepan combine the first six ingredients (through oregano) with 1½ cups water. Cover and bring to boiling. Cook about 10 minutes or until squash is very tender.
- 2** Cook farfalle according to package directions for al dente, adding beans the last 1 minute of cooking.
- 3** Meanwhile, transfer squash mixture and almond butter to a food processor. Process to a smooth sauce. Season with salt and pepper.
- 4** Drain pasta and beans; return to pot. Add sauce, stirring to coat. If desired, sprinkle with pumpkin seeds and paprika.