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## Pasta with Cauliflower and Butternut Squash

Posted on [September 28, 2011](#)



This dish is a great combination of earthy and sweet. Since cauliflower and butternut squash are available for the next few months, I'll make it often. You can use this sauce to dress any of a number of pasta shapes, including whole wheat or farro.

The sauce is made by sauteing bite-sized pieces of cauliflower, butternut squash and onion until tender and lightly caramelized. Pureed tomatoes are added and the sauce is simmered until the pasta is cooked and added. The vegetables should be tender and melting.

The combination produces a very well-balanced harmony of flavors and textures. It's perfect as a first course to a pork roast, or on its own as a vegetarian one-pot main dish.

Pasta with Cauliflower and Butternut Squash

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serves 4

1 lb short fat pasta, such as *rigatoni*

1 small butternut squash, peeled, seeded and cut into 3/4" cubes

1 head cauliflower, cut into 1" pieces

1 medium onion, coarsely diced

2 cups fresh tomato puree (or canned whole peeled tomatoes)

1/4 c olive oil

salt and pepper to taste

fresh chopped parsley

grated *parmigiano* for sprinkling at the table

In a broad skillet on high heat, combine the oil, onion, cauliflower and squash.



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Cover skillet to create a bit of steam, while tossing and stirring the vegetables often, for about 10 minutes, or until the pieces begin to become golden and caramelized.



Drop pasta into boiling salted water.

Add the tomato puree to the skillet of vegetables and simmer, uncovered while the pasta cooks.



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When pasta is cooked, sprinkle parsley over sauce and add pasta. Toss with 1 cup of pasta cooking liquid and saute for about a minute.




Drizzle with a bit of extra-virgin olive oil and sprinkle with plenty of grated *parmigiano* at the table.

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## 2 Responses to *Pasta with Cauliflower and Butternut Squash*



**Steven Salzman** says:

September 28, 2011 at 1:03 pm

Just so you know I am paying attention, even from London, when would you like us to throw in the onions? I assume with the other vegetables, but the receipt not specify.

Just busting you chops,

Steven

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**fjbny** says:

September 28, 2011 at 2:03 pm

onions can go in right from the start with the other 2 vegetables–no need to brown onions first–the vegetables will all brown together. i'm THRILLED you're reading even from london! xoxo

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