

Pumpkin, Sage, Brown Butter Pasta

Serves: 3-4

INGREDIENTS:

3/4 cup canned pumpkin puree
1 1/2 tbsp grass-fed ghee
5 leaves fresh sage
1 can white beans (also called cannelloni beans)
1 tbsp olive oil
2 tbsp tahini
2 tbsp pure maple syrup
2 tsp cinnamon
1/4 tsp nutmeg
salt/pepper to taste
Extra fresh sage to top

Optional:

GF Pasta
Spaghetti Squash

Optional: Chicken breast for added protein

Other ways to serve: with veggies or crackers as a dip, a smear on bagels or toast

INSTRUCTIONS:

1. If making spaghetti squash, turn the oven to 400 and take out a baking sheet. Scrape the inside of the squash like a pumpkin so the seeds are removed. Place the squash cut-side-down on the sheet pan and pop in the oven for 30ish minutes. Test by poking the outside with a fork. If the fork goes through the skin easily, it's done! Take out, flip over and let it cool. Once cooled, drag your fork down the inside to create spaghetti-like strands.
2. While the oven is on, chop up broccoli and lay it out on a sheet pan. Spray with non-stick and season with salt + garlic powder. Roast for 20-30 minutes along side the squash.
3. While waiting, in a small pan on the stove, add the ghee over very low heat. This is called 'browning'. Swirl it around/let it sit there a few minutes until it smells nutty. Then add in the sage and remove from heat and set aside. The sage should just be sitting in the warm, melted, browned butter.
4. Place all other ingredients in a blender, add the sage/butter and blend again. Taste and adjust as needed.

Note: the consistency will be thick and hummus-like!

5. Scoop out the mixture into a bowl. Save it thick! Use as a sauce/dip for other dishes.
6. Take a few spoonfuls and whisk with water to thin out and toss with pasta / squash etc.



Serving size: 1 cup GF pasta + 1 chicken breast + 1/4 cup of sauce