

Autumn Harvest Pasta

Butternut Squash, Cauliflower & Tomato Sauce



Ingredients:

- ½ cup ASOYIA **ULTRA** LOW LIN SOYBEAN OIL
- 3 garlic cloves, crushed and minced
- 1 cup sliced onion (in rings)
- 3 cups butternut squash cut into ½ “cubes
- 3 cups cauliflower cut into small (about 1”) florets
- 4 tablespoons small capers, drained
- 1 teaspoon coarse sea salt
- ¼ - ½ teaspoon red pepper flakes (to taste)
- 1 cup water
- 2 cups canned Italian tomatoes, crushed by hand
- ½ cup dry white wine
- 1 pound fettuccine
- ½ - 1 cup grated Romano cheese

Print, trim, and fold on dotted line.

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1. In a large skillet, heat the oil over medium high heat, add the minced garlic and stir until it starts to sizzle.
2. Add the onion slices and cook for a couple of minutes until they begin to wilt.
3. Stir the squash & cauliflower then add the capers, salt and red pepper flakes. Toss together for a minute or two.
4. Add the water and cover tightly to steam the vegetables for 3-4 minutes. Shake the pan while steaming.
5. Pour in the crushed tomatoes and the wine (use the wine to rinse the tomato can). Stir well and cover.
6. Bring the mixture to a boil and then adjust the heat to a gentle simmer.
7. Cook covered for 10 minutes; stir occasionally.
8. When the vegetables are softened, uncover and continue cooking to reduce pan juices to a good consistency – probably about 5 minutes longer.
9. Adjust the seasonings to taste and keep at a low simmer.
10. While the sauce is cooking, bring the pasta water to a rolling boil.
11. Add the fettuccine and cook until barely al dente.
12. Lift the fettuccine from the water, drain and then drop on top of the simmering sauce and vegetables.
13. Toss until the pasta is coated with sauce; continue to cook together for a couple of minutes. If pasta and sauce appear dry, add a splash of wine.
14. When the pasta is cooked to your preference and enrobed in sauce, turn off the heat.
15. Sprinkle on the grated cheese, toss and serve.

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